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COOKING AND CURING

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A Testament of Food

by ORIANA HAYNES

With an Epilogue

by E. S. P. HAYNES

DUCKWORTH

3 HENRIETTA STREET, LONDON, W.C.2

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DEDICATED

to all

*Those Honourable Persons as are such
whose generous cost never weighs the Expense
so that they may arrive to that right and high esteem
they have of their Gustos*

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WARNING
TO REALLY REFINED PERSONS

There is Garlic in this book

PROLOGUE

THE TASTE for good eating is apt to run in families ; it becomes traditional and part of the family background. This tradition is best carried on by families of the steady sort, neither very rich nor very poor ; gently jogging along in their own ways quite impervious to, though aware of, outside opinion. There is no greediness in it. A great number of the people whose recipes are in this book had a " family digestion," they were " nice " about food, preferring a good piece of bread to an ill-served sirloin, rather in the spirit of Mr. Samuël Pepys when he dashed the dinner to the floor because the tablecloth, though clean, was crumpled. The recipes have come down about 200 years, added to by owners in succession. The family abounded in sons and the recipes went often from mother-in-law to daughter-in-law (who added her family favourites as well) to make sure that dear Fred or dear Edmund was fed in the accustomed manner. One letter stressed the necessity for " little dishes " as dear Fred's digestion was so easily affronted (He lived over 87 years !) ; but no allusion was made to the knock-out blow the digestion had had early in life from Fred's grandmother's pickled oysters ! The legend about them is so horrifying that I have *not* included the Recipe. The chief difference between our cookery and that of the late 17th and 18th centuries is in the enormous quantities of meat used in stock and in the far greater variety of herbs used then.

The Recipe book began at a time when the family was wealthy. Gradually they shed most of their property, divided among many children, so the large households disappeared but the same standard of food continued in the smaller households.

It was entirely English Cookery; if a French Recipe were given they moulded it nearer to their Heart's desire, in general with good results. I must own, however, that I have not tried to make the Best Green Gooseberry Champagne, warranted to deceive the greatest experts, and since the original Book was "borrowed" from my mother never to return, I shall not be able to try it, for it was among the Recipes I had not copied.

These people lived quietly in the country with the utmost propriety, breaking out occasionally into romances like that of a great-great-grandfather who, in passing through Burford, fell in love with the daughter of the Rose and Crown, who was nicknamed the Beauty of Oxfordshire, ran away with and married her, was cut by his outraged relations, and to annoy them further (and to live) became a doctor, a low profession in those days, and lived happily ever after, only acknowledged by two faithful spinster aunts who left him their money, except £200 for the support of the Parrot, and a house full of Chippendale furniture.

The daughter of the Rose and Crown was a notable Housewife who added much to the book, and her daughter Letitia, who married William Waller, was even better. The recipes I have added have come from all sorts of people and I have tried to indicate their origins; but as I have been collecting

for 30 years and do not always write down at once the name of the donor a good many are unacknowledged. The Cosmetics and Home Remedies were collected as an amusement, and I have large quantities of them.

To me there is nothing better than good English Cookery and it is quite as characteristic of England as the traditional cookery of other countries is of them, but it is not to be found in Hotels where the tinned tongue and Cornflour Shape carry things with a high hand; it lingers in cottages and small country towns and farmhouses. Of course our polite Cookery came from France, slowly trickling downwards from Court circles; by the 17th century many terms were as naturalised as the words Captain or Major are now, but they were swamped again by the Hanoverian pseudo-Versailles tradition and were finally drowned in the flood of snobbishness let loose by George IV and his Carême.

We hear a great deal of nonsense about women who oust men from their jobs; but "He began it." The decline in good food and the lack of interest in cookery began when men invaded women's jobs. I believe Mr. Lazenby committed the first crime when he commercialised his mother's sauce. When in each household, sauce, pickles, preserved fruit, ham and bacon were made at home the stuff was good and the women knew what was in it: their position was one of importance, and shame fell on the man who interfered. He had a very dirty dishcloth pinned to his coat tails and was chased out of the house and through the street by women with wet mops under the command of his wife! No man

then had dared to improve jam with a small proportion of fruit jelly. Nowadays the male has pains inside from his own horrid concoctions in tins, his wife, having lost all the women's tradition, rushes aimlessly about, a prey to boredom and Bridge (the all day and all night card playing craze of the 18th century was a "smart set" pursuit). When she does feed she spoils the napkins with lipstick and she smokes in between whiles, though I own there is nothing new about that ; there is a great cry about it from the 17th century: "Tobacco – some use to drink it (as 'tis termed) for wantonness and cannot forbear it, no, not in the midst of their dinners ! "

But all is not yet lost ; divine things lurk in corners, there are still sweet-cured hams with juniper berries, and Collared Heads, Crayfish, and Shad.

HORS D'ŒUVRE

*Tout est perdu quand on digère mal; c'est l'estomac
qui fait les Heureux.*

VOLTAIRE

*Sir, a man who does not mind his belly will not
mind much else.*

DR. JOHNSON

*It were great pity one or two peevish Cynicks should
put good Eating out of Countenance.*

PATRICK LAMB

HORS D'ŒUVRE IN THE SEVENTEENTH CENTURY

Triumphs and Trophies in Cookery to be used at Festival Times

MAKE the Likeness of a Ship in Pasteboard, with Flags and Streamers, the Guns belonging to it of Kickses, bind them about with Packthread and cover them with close Paste proportionable to the Fashion of a Cannon with carriages, lay them in Places convenient as you see them in Ships of Warr with such Holes and Trains of Powder that they may all take Fire. Place your Ship firm in the Great Charger; then make a Salt round about it and stick therein Eggshells full of Sweet Water. You may, by a great Pin, take all the Meat out of the Egg by blowing and then fill it up with the Rosewater. Then, in another Charger have the Proportion of a Stag made in course Paste, with a Broad Arrow in the side of him, and his Body filled up with Claret Wine; in another Charger at the end of the Stag, have the Proportion of a Castle with Battlements Portcullices, Gates and Drawbridges made of Pasteboard, the Guns and Kickses, and covered with course Paste as the Former; place it at a Distance from the Ship to fire at each other. The Stag being placed betwixt them with eggshells full of Sweet Water (as before) placed in Salt. At each side the Charger wherein is the Stag, place a Pyc made of

course Paste, in one of which let there be some live Frogs, in each other some live Birds. Make these Pyes of course Paste filled with Bran, and yellowed over with Saffron or Yolks of Eggs guild them over in Spots, as also the Stag, the Ship, and the Castle, bake them and place them with guilt Bayleaves on the Tunnels and Turrets of the Castle and Pyes; being baked, make a hole in the bottom of your Pyes, take out the Bran and put in your Frogs and Birds and close up the Holes with the same course Paste, then cut the Lids neatly up; to be taken off the Tunnels; being all placed in Order upon the Table, before you fire the Trains of Powder, order it that some of the Ladies may be persuaded to pluck the Arrow out of the Stag, then will the Claret-wine follow, as Blood that runneth out of a Wound. This being done with Admiration to the Beholders, after some short Pause, fire the Train of the Castle that the Pieces all of one Side may go off, then fire the trains on one Side of the Ship as in a Battel; next turn the Chargers, and by Degrees fire the Trains of each other Side as before. This done, to sweeten the Stink of Powder, let the Ladies take the Eggshells full of Sweet Waters and throw them at each other. All Dangers being seemingly over, by this time you may suppose they will desire to see what is in the Pyes; where lifting first the Lid of one Pye, out skip some Frogs which make the Ladies to skip and shreek; next after the other Pye, whence come out the Birds; who by a Natural Instinct flying in the Light, will put out the Candles; so that what with the Flying Birds and skipping Frogs, the one above, the other beneath, will cause much Delight

and Pleasure to the whole Company. At length the Candles are lighted and a Banquet brought in, the Musick sounds and everyone with much Delight and Content rehearses their Actions in the former Passages.

These were formerly the Delights of the Nobility, before good House Keeping had left England and the Sword really acted that which was only counterfeited in such honest and laudable Exercises as these.

ROBERT MAY

SOUP

A Bisk is a Soup with a Ragoo in it

The greatest difference in the making of soups now and in times past lies in the quantity of meat used for stock. Our ancestors had the ox in a teacup notion; for instance to make the excellent pottage called Skinke you laid the foundation with a whole leg of Beef. The number of herbs, of the garden and wild, in use was much larger than with us—to our loss I believe.

Broth was used as a diet for the sick, whole pigs being “distilled” against a Consumption. When Soup is to be thickened with yolk of egg it is best to put the egg in a basin and add the soup to it gradually stirring all the time. You are less likely to curdle it. For polite meals allow $\frac{1}{4}$ pint of Soup for each person but for an appreciative family I allow a pint extra.

SOUP

TO MAKE A MEAGRE SOOP DE SANTÉ FOR FISH DAYS

Take such Herbs as the Country where you are will afford, toss them up in Butter and a little onion, take off all the Fat; put to them some water from boiled Pease, or fair water boiling hot, and boil them very tender. When you are ready to serve put to them a Brown of Flour (that is put into a saucepan the Bigness of an egg of Butter and set it over a Stove. When the Butter is melted, put in half a spoonful of flower and keep moving it till 'tis brown then put in some good Fish broth and a glass of white wine. Season it with pepper and Salt.) Lay in the middle of your Dish a French Roll fried the crumb being taken out of a Hole at the Bottom. Cover your dish with the Crust of French Rolls, lay your Herbs upon it, then fill the Dish with the Soop, let it simmer a while over a Stove to soak the Bread, garnish it with Carrots and Turneps and so serve it. 1680-1720

[This is good made with sorrel or beetroot or very young nettles. O. H.]

TO MAKE A WHITE SOOP FOR FISH DAYS

Take six Heads of Endive, a handful of Sorrel, a little Charvil parsley and Onion, mince them small. Then stew them down in a Saucepan with a quarter

of a pound of Butter for a quarter of an Hour. Then add two quarts of Boiling water or water from boiled Pease. Your Herbs being boiled tender, skim the fat off and thicken with the yolks of ten eggs, scrape in some Nutmeg and add the juice of a Lemon if your Sorrel be not sharp enough. Your Bread being soaked in your Dish, put in the middle of it a French Roll fried. Let your garnishing be eight or ten poached eggs and fried Bread betwixt them on the Outside on the Rim of your Dish cut in small Dice. You may put a Poached egg on the Top of your French Roll in the Middle of your Soop, being just thickened up with your eggs hot over the Fire. Take your Dish off the Fire and set it on the Table, before you fill it up, that your Eggs may not curdle in your Soop. So serve it. 1680-1720

A Bisk

Take a leg of Beef, cut it in two pieces and boil it in a Gallon of Water. Scum it and about half an hour after put in a Knuckle of Veal and scum it also. Boil it to two quarts or less, and being three quarters boiled put in some Salt and some Cloves and Mace. Being through boiled, strain it and Keep it in a Pipkin for your Use. Then have eight Marrow Bones clean scraped from the Flesh finely cracked over the middle - boil in water and salt three of them and the other leave for Garnish boiled in strong Broth and laid on the top of the Bisk when it is dished Boil your Fowl. 8 Peeper Pigeons Patridges Quails Plovers and Larks in water and salt. Then have a joint of mutton made into Balls with Sweet Herbs,

Salt, Nutmegs, grated bread eggs, suet, a clove or two of Garlic and Pistaches boiled in Broth with some interlarded Bacon, Sheeps Tongues larded and Stewed also some Artichocks, Marrow, Pistaches Sweetbreads and Lambs' Stones in Strong Broth, mace, a clove or two, some white wine and strained Almonds, or with the Yolk of an egg, Verjuyce, beaten butter and slic't lemon or Grapes whole. Then have fried Clary and fried Pistaches in Yolks of Eggs.

Then carved lemons over all. 1680

[*A most noble Ragoo. O. H.*]

BOUILLABAISSE

To 5lbs of all sorts of fish and a lobster [cut in small squares] put 1lb sliced onion, 2 cloves, a bunch of parsley, 2 bay leaves, a sprig of Thyme, a small piece of garlic, 2 shallots and 2 carrots, 4 tablespoonsful of olive oil, salt, peppercorns, 1 small chili and 2 quarts of water, in an earthenware pan. The hard fish to be put in first and cooked for ten minutes, then the soft fish with a pinch of saffron. Boil 25 minutes. Place some Crust of Roll or toasted bread in a Tureen. Pass the liquor through a Colander, stir in 1 teaspoonful powdered Saffron and pour over the crusts in the Tureen. Serve the fish at the same time on a separate dish.

BISQUE OF CRAYFISH

[*Given me by Monsieur Chantraine, of the Epaule de Mouton, Brussels*]

About 12-13 Crayfish to a quart (3 crayfish to one person). Cook the crayfish in a casserole in half

butter and half oil, with chopped carrots, celery and Shalotts. Then pour in some Brandy and light it. Then put the whole through the mincing machine (shells and all). Then pass through a sieve. Put all in a casserole with $\frac{1}{2}$ a bottle of white wine to every 12 crayfish, and 1 pint of fish stock. Cook for two hours. Then add two spoonfuls of rice flour, mixed first in milk. Let cook 1 hour with $\frac{1}{2}$ pint of tomato purée. Put all through a fine sieve, add $\frac{1}{2}$ pint of cream to every quart of soup, and one portglass of best brandy.

FISH SOUP

1 $\frac{1}{2}$ lbs cod, 1 Pike or chub or any medium fish, $\frac{1}{2}$ pint of Shrimps, 1 leek and 1 clove of garlic.

Chop the leek and garlic and fry in olive oil. Then fry the fish in it. Add 1 large glass white wine [*I use Elder flower*], 1 quart water, thyme, parsley and bayleaf. Bring to the boil quickly and cook $\frac{1}{2}$ an hour. Take out the fish and remove all the best from the bones [*Keep it for use: see Fish Pancake*]. Put the rest back in the pot and simmer $\frac{1}{2}$ an hour. Strain and thicken with the yolk of an egg and a little cream.

A BISK OF SALMON OR SHRIMPS

[2 $\frac{1}{2}$ lbs shrimps]

Boil the head of a Salmon with 3 pints of water, parsley, bayleaf, 3 peppercorns, 1 teaspoon salt, 1 saltspoon pepper. Boil 20 minutes to half an hour. Strain the liquor into a basin. Pick the meat from the bones, pound it to a paste in a mortar and return it to the liquor.

Heat 1 tablespoonful of butter in a saucepan, add 2oz flour, heating well and mixing for one minute. Then add the liquor slowly together with a pint of hot milk, stir well till it boils, then boil slowly 10 minutes; mix an egg yolk with 1 gill milk and add to the Soup with $\frac{1}{2}$ oz butter. Mix well but don't get it too hot or it will curdle. Add 2 tablesp. cream.

WHITE SOUP [J. O. Waller]

$\frac{1}{2}$ Pint well-flavoured white Stock, two ounces of Butter, $1\frac{1}{2}$ ounces of Flour, The Juice of half a lemon, a quarter of a Pint of Green Peas or other vegetables, Half a pint of Cream. [*A quarter of a pint does quite well and the rest milk. O. H.*]

Put the stock into a pan with a Shalot and a stick of Celery, half a carrot and a quarter of a Turnip, one blade of Mace and twelve white peppercorns. Bring it to boil and simmer for thirty minutes. Melt the butter, add the flour and stir the stock by degrees into it. Stir and boil for five minutes. Put in the cream and pass all through a hair sieve, and return it to the Pan with the strained lemon juice and a pinch of sugar; add the cooked vegetables and serve it.

TAPIOCA CREAM [J. O. Waller]

One pint of white Stock, The yolks of two eggs, one ounce of Tapioca, two tablespoons of milk or cream.

When the stock boils pour the Tapioca in gradually and let simmer till the Tapioca is quite clear. Put the yolks of two eggs in a basin, add the cream, stir with a wooden spoon and pour through a strainer

into another vessel. Take the stock off the fire and when it has cooled add two or three tablespoonsful to the eggs in the basin stirring all the time. Add the mixture to the rest of the Stock. Stir well. Add pepper and salt to taste.

Warm it before serving, but on no account let it get too hot or it will curdle.

WHITE FOAM SOUP

Put one onion stuck with two cloves, one blade of Mace into a pan with two ounces of butter, melt and add two ounces of flour, fry but keep white. Stir in $1\frac{1}{2}$ pints of boiling milk. Stir in two ounces of grated cheese and two yolks of eggs and salt to taste. Beat the whites stiff and put them in a hot Turcen, pour over them the Soup and sprinkle chopped parsley on the top. Use Parmesan cheese and grate it Yourself.

[The first soup I ever made, so long ago that I have forgotten the name of the Benefactor who gave me the recipe. O. H.]

BURNT FLOUR SOUP

Two ounces of flour, two ounces of butter. Brown over a brisk fire stirring all the time, add by degrees $1\frac{1}{2}$ pints of warm water, boil gently for one hour stirring at intervals to keep it smooth. Add one teaspoonful salt and one eggspoonful pepper.

[A spoonful of Shalott vinegar improves it. O. H.]

FRENCH BARLEY POTTAGE

Cleanse the Barley from Dust and put it in Boiling milk, being boiled down put in large Mace, cream

sugar and salt, boil it pretty thick, then serve it in a Dish Scrape Sugar on it and trim the Dish Sides.

Otherways

Boil it in fair water, scum it, and being almost boiled, put to it some Saffron or dissolved yolks of Eggs.

1680

ONION POTTAGE

Fry good Store of Slic't Onions, then have a Pipkin of boiling liquor over the Fire. When the liquor boils, put in the fried Onions butter and all, with Pepper and Salt; being well stewed together serve it on Sops of French Bread or Pine [*pain*]-Molet. 1680

SOOP OR BUTTERED MEATS OF SPINAGE

Take fine young Spinage, pick and wash it clean. Then have a skillet or pan of fair liquor on the fire, and when it boils put in the Spinage and give it a walm or two and take it out into a Cullender and let it drain then mince it small and put it into a Pipkin with some slic't dates, butter, white wine, beaten cinnamon salt Sugar and some boiled currans. Stew them well together and dish them on Sippets finely carved and about it hard eggs in halves or quarters, not too hardboiled, and scrape on Sugar.

Soops of Carrots, potatoes, skirrets, parsnips, turnips Virginia Artichocks or Beets fry any of the aforesaid roots being boiled and cleansed or peeled and flowered and serve them with beaten butter and sugar.

[Any of these vegetable soops is good if sugar is left out and the butter used for frying the vegetables. O. H.]

WATER GRUEL

Take a large Spoonful of Oatmeal and mix it with some cold Water. Then pour on it a pint of boiling water. Put it in a Saucepan and stir it often, and let it boil till it be of the thickness of Cream, then strain it through a Sieve into a bason and put in a little bit of Butter some sugar, some salt and stir it till the butter is all melted.

POTTAGE IN THE ITALIAN FASHION

Boil green pease with some strong broth and interlarded bacon cut in slices. Being boiled put to them some chopped parsley, pepper salt and strain some of the pease to thicken the Broth. Give it a walm and serve it on sippets with boiled chickens or any poultry.

[*A Walm is one boil.*]

POTTAGE WITHOUT SIGHT OF HERBS

Mince your herbs and stamp them with oatmeal and strain them through a strainer with some of the Broth of the pot, boil them among your mutton and some salt for your Herbs take violet leaves, Strawberry leaves, Succory, Spinage, lang de beef, Scallions, parsley and marigold flowers.

BONNE FEMME SOUP. [J. O. Waller]

One lettuce, Half a small cucumber, $\frac{1}{2}$ oz butter, 1 pint white Stock, $\frac{1}{2}$ gill of cream, 2 leaves of Sorrel, 2 or 3 sprigs of Tarragon or Chervil, one egg and the crust of a French roll.

Shred the vegetables very finely and fry them in

the butter a few minutes and pour over them the boiling stock. Beat the eggs and cream together and stir carefully into the Soup till it thickens ; season it and pour it over the roll which should be cut in shapes and dried in the oven. [*Best to pour the Soup gradually on to the egg. You are less likely to get it too hot, which will curdle it. O. H.*]

SORREL SOUP [Oriana Haynes]

Ordinary white Soup. 5 minutes before it is finished add a large handful of chopped Sorrel.

WATERCRESS (OR SPINACH) SOUP [Oriana Haynes]

Cook 1lb floury potatoes till they are $\frac{3}{4}$ done, add a large bunch of watercress chopped and washed. When the potatoes are done pass all through a sieve. Return the purée to the saucepan with a little water and cook a little longer without boiling. Add cream, the yolk of an egg and a dash of lemon juice. Serve with fried toasts.

VEGETABLE MARROW SOUP

Half boil the marrow. Cut up some celery, carrot, turnip and onion or shalott, fry without browning. Melt 2oz butter in a pan and add 1oz flour. Cook, then add 1 quart white stock (boiling). Add the cut up marrow and the vegetables. Boil 1 hour, put through a sieve. Boil up, add $\frac{1}{2}$ gill cream.

CABBAGE SOUP

Put into a saucepan of cold water a pound of pickled pork with parsley, thyme or a bay leaf. Bring very

slowly to the boil and simmer 1 hour. Have ready 1 carrot and 1 turnip cut small and 1 large Savoy shred finely. Take the pork and herbs out of the water and put in the vegetables and a little pepper. Bring to the boil and simmer $1\frac{1}{2}$ hours. Then add chopped parsley and a clove of garlic chopped fine and a slice of the Pork cut in dice. Cook another half hour.

Keep the Pork for breakfast or luncheon.

CHESTNUT SOUP

1lb Chestnuts, 1 blade mace, 1 quart white stock, 6 white peppercorns, 1 stick celery, 1oz butter, 1 pint milk, salt.

Slit the Chestnuts and boil 10 minutes. Skin and put them in a saucepan with the butter, celery and seasoning. Cook without browning. Add the stock and simmer 1 to $1\frac{1}{2}$ hours, till tender. Rub through a sieve. Return to pan with the milk and boil 10 minutes. If too thick, thin with a little stock or milk, add a little cream.

AUSTRIAN CABBAGE SOUP [Trudi]

1 or 2 Cabbages, stock, fried or boiled sausages, flour, fat, pepper, salt.

Shred the cabbage finely and brown it in a little fat. Sprinkle with a little flour and cook till the flour browns. Pour boiling stock over the cabbage, season with salt and pepper and simmer gently for one hour. Before serving add sliced sausage.

ALSATIAN SOUP

Cut half a small cabbage in quarters. Remove core and stale leaves. Cut in thin strips. Put in a saucepan

with 1oz butter, 1 teasp. salt, $\frac{1}{2}$ teasp. pepper. Mix. Cover and steam till all moisture evaporates. Cut $\frac{1}{4}$ lb lean salt pork in dice, fry in 1 teasp. melted butter till golden, drain, and add to the cabbage. Add 2 medium raw potatoes cut in $\frac{1}{2}$ inch pieces. Add 2 $\frac{1}{2}$ quarts broth and let boil 1 hour. Skim fat and serve.

CREAM OF BARLEY SOUP

[Renée Tickell, *née* Haynes]

2 pints of stock, $\frac{1}{4}$ lb well washed pearl barley, salt and pepper. Cook all these for 2 hours with a large bouquet of herbs and celery. Strain, return purée to casserole and dilute with stock to the right consistency. Add a little fresh butter or cream.

CAULIFLOWER SOUP

Put a cauliflower into boiling salted water for twenty minutes. Cut it in half. Keep one half warm and put the other through a coarse sieve. Chop up a leek and some celery and fry in 2oz butter. Stir in 1oz flour. Then add 2 pints of white stock, stirring well. Boil 1 pint of milk and stir in the cauliflower purée, then add it to the stock. Season and strain. Break the 2nd half of the cauliflower in pieces and put it in the soup. Serve with fried croutons.

MULLIGATAWNEY [J. O. Waller]

$\frac{1}{2}$ sliced carrot, 1 sliced leek, 1 branch sliced Celery, 2 Bayleaves, 2 sprigs parsley, 1 sprig Thyme, 2 ripe chopped Tomatoes, 2 sliced Shalotts. 1 clove chopped garlic, 1 sliced apple, $\frac{1}{2}$ oz chopped lean ham or bacon, 2 cloves and 1 piece lemon rind.

Put 10z butter in a saucepan, add the above ingredients and brown gently for 5 minutes, mixing with a wooden spoon. Add 1 tablesp. flour, mix well and cook briskly for 8 minutes, stirring now and then. Add $2\frac{1}{2}$ quarts broth. Mix well and season with 1 dessertsp. salt, $\frac{1}{2}$ teasp. white pepper, 1 small-saltsp. cayenne, 1 saltsp. grated nutmeg, 1 cardamom, 1 good teasp. curry powder (mixed in a little water). Mix well, simmer 1 hour. Skim off the fat, and pass through a strainer into another saucepan, add 1 tables. cream, 2 tablesp. boiled rice. Mix well and heat but on no account boil. Put in a hot tureen.

GIBLET SOUP

Boil the giblets in $1\frac{1}{2}$ pints of water, add sliced turnips, carrots and an onion. Simmer several hours. Soak pearl Barley for several hours in enough water to cover it and an hour before serving add it to the soup. Let it simmer.

SHEEP'S HEAD SOUP

Clean the head, discard the eyes. Take out the Tongue. Take out the brains and wash them, tie them in muslin. Put the Head, Tongue and brains in a pot with 3 quarts of water, bring slowly to boil. Remove the scum, add a small cup of cold water to make it rise. Take out the brains in about 10 minutes and keep aside. Add $\frac{1}{2}$ lb Turnip, 4oz onions, 6oz carrots celery sliced, 4 peppercorns, 1 blade mace, 2 cloves, 2 allspice, 1 teasp. salt, Thyme, marjoram, parsley. Simmer slowly till the meat

and tongue are tender. Strain. Remove meat from bones and let cool. Then cut up in dice. Remove fat from stock and put on to warm. Melt 2oz butter in a saucepan, add the flour and cook brown, mix gently with a pint of the stock and then add to the remainder of the soup and boil up. Add a little mushroom Ketchup with salt to taste. Make forcemeat balls of the brains, chopped up and mixed with bread-crumbs, pepper and salt, chopped parsley and lemon peel, bind with egg. Fry in hot fat and drain well. Immediately before serving add the juice of half a lemon and a glass of Sherry. Put in the forcemeat balls (very hot) and serve.

OX KIDNEY SOUP [J. O. Waller]

Cut half a pound of Ox Kidney into fair sized pieces and fry them in a little butter. Add one pint of stock and simmer for $1\frac{1}{2}$ hours. Strain and chop the Kidney fine. Thicken with $1\frac{1}{2}$ oz flour, put all back again, boil up and serve.

HAM SOUP

Cut $\frac{1}{2}$ a pound of ham in small pieces, remove all gristle. Put the ham through the mincer and then pound it in a mortar. Add 2 tablesp. onion cooked to a pulp and 2 tablesp. Tomato pulp. Season with pepper and a little Nutmeg. Pour in 2 pints good stock (made if possible from the ham bone). Simmer gently for 30 minutes, when quite hot strain through a cullender. Pour into a tureen on fried sippets. Stir in a large lump of butter and serve.

SNAIL POTTAGE

Wash them well in many waters. Put them in an earthen pan with as much water as will cover them. Boil them, then take them out of their shells and scour them with water and salt three or four times, then put them in a pipkin with water and salt, let them boil a little, then take them out and put them in a dish with some excellent Salad oyle. When the oyle boils put in two or three slic't onions put the snails to them stew them all together, then put them in a pipkin of a fit size and put as much warm water to them as will make a pottage with some salt, so let them stew 3 or 4 hours. Then mince Thyme parsley, penny royal and the like Herbs and beat them to a green sauce in a mortar. Put in some crumbs of bread soaked with the broth or pottage some saffron and cloves Put all into the Snails give them a warm or 2, and when you serve them up, squeeze in the juyce of a lemon, put in a little vinegar and a clove of garlic amongst the herbs and beat them in it. Serve in a dish with Sippets.

This Pottage is very nourishing and excellent good against a Consumption.

FISH SHELLFISH FROGS AND SNAILS

Don't speak to me, I'm enjoying my Fish.

E. S. P. HAYNES

Corbollion: English for *Courtbouillon*, the water with wine and herbs in which all boiled fish – if you *must* boil it – should be cooked.

Fish should be egg-and-breadcrumbed or covered with batter an hour before it is fried. Use a frybasket and deep fat, which must be more than boiling.

Whenever oil is spoken of in this book real Olive oil is meant; buy it in gallon cans or jars and be sure to taste it and look at the colour before you buy it. I used to buy a demi-john from St. Remy de Provence but it was torpedoed twice during the war and that broke my spirit (and the habit).

Allow $\frac{1}{2}$ a lb of fish to each person – except of Salmon, Mackerel, Sturgeon which are very solid, so that $\frac{1}{4}$ lb is usually enough.

FISH

STEWED COD

3lbs Cod cut in small pieces and rolled in oatmeal flour. Put 3oz leeks, 2 tablespoonsful of olive oil, 1½oz butter in a pan to fry. Wash 2 anchovies and add them. When all is brown put in the cod and fry 7 minutes. Add 1 gill warm stock, 1 glass white wine, a pinch of pepper, 1 oz sultanas. Stir at intervals. Add salt at the end. 6-7 persons.

COLD FISH

[Brought from Finland by Celia Haynes]

Cook the fish in a Corbollion. Water with 2 glasses of white wine and a branch of Dill. Remove the bones and arrange it in a shallow dish. Return the bones and the liquor to the pan and reduce a little. If necessary add a little gelatine. Strain over the fish and leave it to jelly. Make a thick mayonnaise, add to it chopped Gherkin, chopped olives and three tablespoonsful of Dill cut coarsely. Pour some over the jelly and garnish with tomato and lettuce. Serve the rest in a sauce boat.

A MOST EXCELLENT WAY TO STEW A CARP

Take a Carp and scale it and being well cleansed wipe it with a clean Cloth then split it and fry it in Butter. Being finely fried put it in a deep Dish with a glass of Claret, a grate of nutmeg a blade of

mace salt pepper and some slices of Orange and some sweet Butter set it on a chafing dish of coals and cover it close Stew up quick, then turn it and being very well stewed dish it on fine carved sippets and run it over with the sauce it was stewed in and garnish the dish with dry manchet grated and searsed.

In this way you may stew any good fish as Soles Lobsters Prawns oysters or Cockles.

[Manchet: a round cake of fine bread.]

TO FRY EELS

Skin them take out the bone, cut them in pieces and lay them to marinate for two hours in vinegar, salt, pepper, Bay leaves, slic't onion and juyce of lemon. Dredge them well with flour and fry in butter. Serve dry with fryed Parsley.

TO JELLY EELS

Flay an eel and cut it in Rolls, boil it in a dish with white wine and white wine Vinegar and as much Water as wine and Vinegar, just enough to cover it. Being tender boiled take it out and boil down the liquor with Isinglass a blade of Mace a little Orange juice and sugar. Dish the eel and run the Jelly over it.

1770

TO STEW EELS

Cut them in Pieces and fry them in butter. Put to them two or three spoonsful of Claret, some Butter, two or three slices of Orange, salt and nutmeg Stew all together. Dish the eels and pour the sauce over and garnish with slices of fresh Orange and sippets.

1770

TO STEW EELS IN AN OVEN

Cut them in pieces then season them with pepper salt and a few sweet Herbs chopped small. Set them upon end in an earthen pot and put to them three cloves of garlic and two or three spoonsful of fair water, bake them and serve them on sippets. 1685

STEWED EELS [J. O. Waller]

2lbs of eels, 1 teaspoonful of lemon juice, seasoning, 1 pint good brown Stock, two tablespoonsful of brown Roux.

Cut the eels in pieces two inches long, flour them and fry in sweet dripping. Put them in a stewpan, cover with the Stock and simmer till tender, about half an hour. Remove the eels and thicken the stock with the Roux, mix with a little cold stock to cream. Boil for five minutes, add more seasoning, lemon juice and a little Sherry, pour it over the eels and serve.

Five persons.

EELS IN GREEN SAUCE [May]

Cut the eels, not too large ones, in pieces two inches long. Put in a casserole with a quarter of their weight of the following herbs, chopped finely and in equal proportions: parsely, mint, sorrel, chervil, Savory, Thyme and Southernwood. Add a lump of butter with salt and pepper, fill up with $\frac{1}{4}$ water and $\frac{3}{4}$ white wine. Boil 15 minutes and mix the sauce – 2 yolks of egg mixed with the juice of 3 lemons and a little cold water. Be very careful the juice in the casserole is not too hot or the sauce will curdle.

A SPATCHCOCKED EEL

Take a good large eel, splat it down the back and joint the backbone being drawn and the blood washed out leave on the skin and cut it in four pieces equally salt them and baste them with butter or oyl and Vinegar, broil them on a soft fire and being finely broiled, serve them in a clean dish with beaten butter and juyce of lemon with sprigs of Rosemary round about them.

FISH SOUFFLÉ [Old Sarah]

Half a pound of white fish, $\frac{1}{2}$ oz flour, $\frac{1}{2}$ pint fish Stock, 2 oz butter, 3 eggs, $\frac{1}{2}$ teaspoonful of Pepper, 1 teaspoonful of salt, $1\frac{1}{2}$ gills cream or good milk, a few grains of Cayenne. 12 Oysters.

Make a Panada of the butter flour and stock, season and pound with the eggs one at a time. Mince and pound the fish. Then pound all together again. Pass through a wire Sieve, add cream partly whipped. Place a layer of this in a buttered tin and then a layer of oysters and so on. Steam 40 minutes. Pour round a sauce flavoured with Tarragon.

[Panada: bread boiled to a pulp.]

[Old Cooky Sarah's recipe. A drunken thieving reprobate of Rabelaisian conversation. I trust her divine cooking will be taken into account on the Last Day. Alas, she had to go. She rose to great heights of cookery and drunkenness on dinner party nights, and after her supreme effort, as the last guest left, the housemaid with a compressed mouth and hard eyes came to me and said I'd better see Mrs. James. I found Sarah flat upon the larder floor in a lake of beer,

the tap from the barrel still trickling feebly over her face. She hailed me with a girlish giggle, saying: "So refreshin' after 'ot kitchen"! O. H.]

FISH PANCAKE

Take the fish left over from fish soup. Beat up with butter and a few shrimps, chopped parsley and chives, and a little pepper to a stiff paste. Make some very thin small pancakes (to be fried in butter). Roll the fish in them and serve with fried parsley.

FISH BALLS [Celia Hollands]

Boil a dried haddock in a little milk. Remove all bones. Melt 1½ oz flour in 10z butter, stir in a gill of the milk the fish was boiled in (add a few drops anchovy sauce should fresh fish be used), a few drops of lemon juice and some pepper. Pound the fish fine, stir it in. When cold roll out in flour. Make into balls, egg and breadcrumb and fry golden brown.

BROYLED RED HERRINGS

After they are opened and prepared for the Gridiron soak them on both sides in oyle and Vinegar beaten together in a little Dish. Then broyle them till they are hot through but not dry then soak them as before and broyle again. You may do it a third time but twice may serve. They will then be very short crisp and savoury. Dish them and serve them with the oyl and vinegar.

HERRING PIE

Put great Store of slic't Onions with currants and raisins both above and below the herrings and store of Butter. So bake them.

[I like this but you may not ! O. H.] 1685

HERRINGS MARGARETTE

Fillet some soft roed Herrings, season with pepper and salt, chopped parsley and shalott and warm butter. Place on the inside of each a raw oyster (bearded) with a few drops of lemon juice and a little mixed mustard. Roll up the fillets and place each on a little skewer, flour, egg and breadcrumb them and fry golden brown. Take the Roes, season with pepper salt and lemon juice, mask with mixed English Mustard, roll up, dip in flour, egg and breadcrumb and fry golden brown. Dish the fillets, arrange the Roes on the top and serve with Margarette Sauce. *[I think it is better without the sauce.]*

CHEWETS OF HERRING ROES

[A Chewet is a small Patty]

$\frac{1}{4}$ lb of Herring Roes, $\frac{1}{4}$ gill white wine, 4 mushrooms, 1 hard boiled egg 1 teaspoonful chopped parsley, pepper and salt.

Tie the roes in white muslin, put in cold water with a little salt and bring to the boiling point quickly. Chop them coarsely with the mushrooms. Put in a saucepan with the wine stirring gently till the wine is absorbed. Add parsley and chopped white of the egg. Season well and let

the mixture get cold. Roll out some puff paste and cut it in rounds, one half of them slightly smaller than the other half. Put a heap of the mixture on each of the smaller halves, brush round with beaten egg. Cover with the larger halves pressing the edges well together. Egg over the top and place on a baking sheet. Bake twelve minutes in a moderately hot oven. Dish on paper. Sprinkle with yolk of hard-boiled egg and cover this with chopped parsley.

ROLLED FILLETS OF FISH

Brush over the fillets with warmed butter and sprinkle them with chopped parsley, lemon juice, pepper and a little curry powder. Roll up lightly and pack closely in a greased Pie dish or casserole. Chop an onion finely and stew it till tender in a pint of milk, season it, thicken it slightly with flour, add $\frac{1}{2}$ oz of butter and pour it over the fish. Put in the oven for about 20 minutes. Serve very hot.

RED MULLET

Fry in oil Chopped Shalotts and chopped garlic and peeled and chopped tomatoes, season with salt and pepper and a pinch of saffron. Lay in the fish and cook slowly under a buttered paper.

PLAICE AU GRATIN [J. O. Waller]

One Plaice, one dessertspoonful of chopped Parsley, one finely chopped shalott, salt, pepper and lemon juice, 1 oz of butter, 6 mushrooms, 1 glass white wine or cider.

Well butter a fireproof dish and put half the ingredients in it. Place the fish on top and the rest on the fish. Sprinkle with lemon pepper and salt and cover with browned bread crumbs and put pieces of butter on the top. Pour round the wine. Bake in a moderate oven basting now and then.

TO COOK SALMON OR TROUT [Shad too]
[Old Sarah]

Roll it in an oiled paper, put it in a fireproof dish, pour Salad Oil over it and round it and bake slowly, basting with the oil.

Or: Boil him whole in a Corbollion.

SALMON PIE

Take $1\frac{1}{2}$ lbs of salmon, cut the best part in thick slices and marinade them for two hours in a glass of sherry with pepper, turning the pieces occasionally. Mince finely 1 lb whiting or any white fish, add one handful of white breadcrumbs, the trimmings (bones and skin removed) of the salmon also minced, 1 chopped truffle and a piece of butter the size of an egg. Pass through a sieve, stir in the yolks of two eggs, add salt and pepper and enough of the sherry to moisten the mixture. Place in a buttered pipkin a layer of mince, a layer of salmon, a few pieces of truffle, and so on till the pot is full, finishing with a layer of the minced fish. Cover with ordinary pie crust and cook in a moderate oven for $1\frac{1}{4}$ hours. Serve cold in the Pipkin with a plain lettuce salad.

TO STEW SOALS

Draw, flay, and scotch them, then flour them and half fry them in butter Put them in a clean Pewter dish, and put to them three or four spoonsful of Claret, two of wine vinegar, two ounces of sweet butter, two slices of an Orange a little pepper and salt. Stew them together close covered and being well stewed dish them up and lay some slic't lemon on them, and add more butter and orange juice to that left after cooking them and pour it over.

[*This is good. O. H.*]

SOLE NORMANDE

Place fillets of Sole in a buttered pan and season with pepper and salt, 1 gill of white wine, 1 finely chopped Shalott. Put in pieces of butter here and there and bake ten minutes. Lift the fillets and dish them in a row overlapping each other. Have ready a garniture of Oysters, mussels and mushrooms. Place the oysters and mussels in groups round the fish and a mushroom on each fillet (garniture to be cooked in Normande sauce, for which see p. 115). Pour the sauce over the whole.

SOLE PORTUGAISE

One Sole, one Spanish Onion, 3 tomatoes, 1 oz oil, 2 pieces garlic, 1 oz grated cheese, salt and pepper.

After skinning the sole put it in a fireproof dish. Slice the onion and tomatoes and put them on top, sprinkle with salt, pepper and grated Cheese. Add the butter in small pieces and bake from 20 to 30 minutes in a moderate oven.

SOLE MARGUÈRY

Fillet the soles and lay them in a flat tin, add one glass white wine, salt and pepper. When cooked remove the fillets and reduce the liquor, add to this reduction one or two yolks of eggs according to the quantity of fish. Let it thicken to a cream over a moderate fire, add some chopped parsley. Garnish the fillets with peeled shrimps and pour the sauce over. Put the dish for 4 minutes in a hot oven and serve.

SKATE IN BLACK BUTTER

Cook in salted water to which a tablesp. vinegar has been added. Drain and remove any skin. Put it in a hot dish, strew capers over it. At the last moment pour over it black butter [Butter cooked till Black] with crisp fried parsley Warm 2 tablespoonsful vinegar and pour it over after the butter.

SLICES OF FISH DUGLERÉ

Fry some chopped onion in butter. Put it in a buttered casserole with 3 peeled and mashed tomatoes, a little garlic, 2 tablesp. chopped parsley, salt and pepper. Lay the slices of fish upon this and pour over a glass of white wine. Cook 18 minutes with the cover on. Drain the fish and keep it warm. Reduce the liquor and thicken (but do not let it colour) with a little butter and flour. Add 1oz. butter. Pour over the fish and sprinkle chopped parsley over it.

TO ROAST FRESH STURGEON

Lay your piece of Sturgeon in salt and water for six or seven hours. Chop some Herbs and parsley and a little Chibbol, add bread crumbs salt and pepper and mix them well. Dry the fish and fasten it to a spit then rub over with the mixture and baste it well with butter. Serve it with a sauce of the gravy with red wine in it.

[*Note: Chibbol is Cipolli. Shalott will do.*]

TO BROIL STURGEON

Broil it on white paper either with butter or Sallet oil. If you broyle it with oyl, being broiled, put to it on the paper some oyl vinegar pepper and slices of Orange If broiled with butter, some beaten butter with lemon claret and nutmeg. 1680

TO BOIL TURBOT TO EAT HOT

Boil them in equal parts of white wine and water with sweet herbs a blade of mace salt pepper. When the Pan boils put in the fish and scum it. Serve it in this broth with a little butter and garnished with lemon and barberries about the dish.

TO STEW TURBOT OR PLAICE

Put them in a stewpan or Pipkin, with some Claret, butter, sweet Herbs pepper and onion and salt. Serve them in the gravy with a little butter added.

TROUT [OR HERRINGS] MEUNIÈRE

Three medium Trout. Wipe and make three cuts on each side and season with a teaspoonful salt and

$\frac{1}{2}$ a teaspoonful of pepper. Lightly wet them with milk and roll them in flour. Heat 2 tablespoonsful of butter in a frying pan and place the fish in it side by side. Fry 5 minutes on each side. Dress on a hot dish. Squeeze the juice of a large lemon and half a teaspoonful of chopped parsley over them. Add one tablespoonful of butter to that in the pan and toss on the range till brown. Pour over the fish and serve. [*I dress Pike in this way also. O. H.*]

TO MAKE DRIED HADDOCK EATABLE

[J. O. Waller]

Cut up two haddocks. Roll them in flour. Put one tablespoonful of chopped onion, 2 oz butter, 1 tablespoonful of chopped parsley in a fireproof dish, Fry brown, then add the fish and brown it. Add $1\frac{1}{2}$ gills of stock, one handful of raisins, 1 teaspoonful of pepper, 1 grate of nutmeg, 1 tablespoonful of lemon juice. Turn the fish over, add $\frac{1}{2}$ gill of stock and cook five minutes more.

BUTTERED WHITINGS

Boil whittings. Pick them clean from Skin and bones, break them very small mingle them with butter and season them. Butter some eggs in the best manner and mingle them with the whittings and mash them well together. The eggs must not be so many as the fish. It is a most savoury Dish. 1770

WHITING [to make interesting]

Put into a long fireproof dish half the following ingredients: 6 tomatoes peeled and chopped, fried

in olive oil, with chopped leek, parsley and garlic, salt and pepper. On this lay your whiting fillets well seasoned. Over them put the other half of the ingredients. Cover with breadcrumbs and moisten with a little oil or butter. Bake 10-12 minutes. Strew over chopped parsley.

SHELLFISH

TO STEW CRABS

Being boiled take the meat out of the bodies. Keeping the great Claws and the small legs whole to garnish the dish. Strain the meat with some Claret wine, grated bread, a little wine vinegar and a piece of butter. Stew them in a pipkin an hour on a soft fire, and being stewed almost dry, put in some beaten butter with juyce of orange beaten up thick. Then dish in the shells (being finely washed), the claws and little legs round about them.

CRAB [Mrs. Edward Clodd]

Break off the legs. Pull out the thorax and set it aside, empty the liquid from the shell. Pull off and throw away any skin left in the cavity left by the removal of the Thorax. Take out the soft brown meat, discarding any hard parts round the edge. Mince the dark meat, adding vinegar, pepper and

salt. Break off the under part of the Shell and put this meat on one half of the shell. Take the Thorax (nut), press down the mouth, throw away everything on the mouth and be very careful to throw away the seven or eight gills (long rabbit ears). Break open the Thorax and pick out with the handle of an eggspoon the white meat. Break the claws and nippers and get out the meat. Mix together adding pepper salt and vinegar. Put this on the other side of the shell and garnish with the ends of the legs.

TO STEW LOBSTERS

Take the meat out of the shells (being boiled). Slice it and fry it in butter. Then put the meat in a Pipkin with some Claret wine, some good Butter, salt and two or three slices of orange and whole pepper. Let it stew leisurely half an hour. Serve it garnished with orange and the gravy made up with butter.

LOBSTER SOUFFLÉ [Henrietta Anne Huxley]

Cut the lobster in small pieces. Cut 2 fairly thick slices of bread into one inch pieces. Stew the shells in $1\frac{1}{4}$ pints of milk with cayenne, mace and salt. Add 2 eggs beaten to a custard. Lay fish and bread alternately in a buttered tin. Tie down and steam one hour. Serve with a sauce of milk, butter, flour, and lobster spawn.

COLD LOBSTER SOUFFLÉ [Old Sarah]

1lb lobster. Take all the meat from the shell. Keep a few pieces for decoration. Chop the rest very fine

and mix with $\frac{1}{2}$ pint whipped cream. Pound the shell well, add a little butter, salt and pepper and simmer in 2 tablespoonsful milk. Strain through muslin and add when cold to the lobster and cream. Line the bottom of a Soufflé dish with shredded lettuce, skinned tomato and hard-boiled egg chopped and a few chives mixed in mayonnaise, to about a quarter of the way up. Place the lobster on top. Run a layer of aspic over it and decorate with a few pieces of lobster coral.

LOBSTER NEWBURG [Madame Triana]

Make a cream sauce with two tablespoonsful of butter, one and a half of flour and half a pint of cream. Cook the sauce ten minutes, then add salt, cayenne pepper, one wineglass of sherry and the meat of a Lobster cut in dice. Cook till the Lobster is thoroughly heated and add the yolks of 2 or 3 eggs. Stir rapidly for one or two minutes and be careful not to let it curdle. Serve at once.

MOULES MARINIÈRE

Put the mussels into a saucepan with a good piece of butter, a handful of chopped parsley, a tablesp. chopped onion, some pepper corns and a handful of fresh breadcrumbs. Boil 10 minutes.

ANGELS ON HORSEBACK

Beard the Oysters. Roll each in a very thin rasher of streaky bacon seasoned with pepper. Either skewer or tie up, and *grill*. Serve on fried toasts.

Devils are made the same way, only with goose, duck or fowl's livers.

POTTED SHRIMPS

1 quart picked Shrimps, $\frac{1}{8}$ oz mace, a grate of nutmeg
2 cloves, $\frac{1}{2}$ lb butter, a little pepper.

Mix Shrimps and Spices and put in a baking dish with the butter in pieces. Cool oven 10-15 min. Drain in a colander. Pack lightly in pots. When cold pour over the drained butter (kept hot).

FROGS AND SNAILS

TO BAKE FROGS

Being flayed, take the Hind legs, cut off the Feet, and season them with nutmeg, pepper and salt. Put them in a Pye with some sweet Herbs chopped small mace, lemon slic't, gooseberries, grapes, pieces of Skirrets, artichocks, potatoes, or Parsnips and Marrow. Close it up and bake it. Being baked liquor it with butter, juyce of Orange, or grape verjuyce.

TO FRY SNAILS

Take Shell Snails in January, February or March when they be closed up. Boil them in a Skillet of boiling water, when they be tender boiled take them out of the Shell with a pin, cleanse them from the slime, flour them and fry them. Serve them in a clean dish with butter vinegar fried parsley fried onion.

TO DRESS SNAILS [Lamb]

Take Shell Snails, and having water boiled, put them in, then pick them out of their Shells with a great pin into a Bason, cast salt to them, scour the slime from them and after wash them in two or three Waters. Being clean scowered dry them with a clean cloth. Then have Thyme parsley, Rosemary, Winter Savory and Pepper very small, put them in a deep Pipkin or Bason, put to them some Salt, and good Sallet Oyle. Mingle all together. Then have the Shells finely cleansed, fill them, and set them on a Gridiron, broil them on the Embers softly, and being broiled dish four or five dozen in a Dish, fill them up with oyl, and serve them hot.

1680

TO STEW SNAILS [Lamb]

Being well scoured and cleansed as aforesaid. put to them some Claret wine and vinegar, a handful of capers, pepper grated Bread, a little minced Thyme salt and the yolks of two or three hard eggs minced. Let all these stew together till you think it be enough, then put in a good Piece of Butter, shaking it well, Heat the Dish and rub it with a Clove of Garlic. Put on fine sippets of French bread, pour on the Snails and garnish with Slic't lemons.

MEAT POULTRY GAME HAM

*"A good English Cook, excelling Modish
Monsieurs,"*

*Italian, Spanish, French, he all outgoes,
Refines their Kickshaws and their Olios.*

JOHN TOWN

A cullis was a thick gravy, almost a purée, which was mixed with Soops and Stews and Ragoos to enrich them ; you began by putting a sirloin of beef in the pot and adding any birds that were handy besides pieces of bread and gravy.

A Pupton (pulpetoon) : Meat or fruit passed through a sieve.

A Capilotado was a made dish with rice.

M E A T

TO STEW A RUMP OF BEEF WITH WINE [1770]

Cut all the meat from the bone in thick slices. Pour some beef gravy into a stewpan and let it warm. Lay in as many slices as will cover the bottom of the pan, add a bunch of sweet herbs and an onion cut up, mace cloves and peppercorns. Pour in enough gravy to cover the meat. Stew very gently. Cut up some nice turnips and fry them brown in beef dripping. Toast some bread and cut it into sippets. When the beef is quite tender pour in a pint of Port and stir about till well mixed. Lay the slices neatly in a dish. Strain the gravy over them and garnish with the sippets and the fried turnips.

AN OLIO [May]

Take a pipkin of some three gallons, fill it with fair water and set it over a fire of Charcoal and put in first your hardest meats, a Rump of beef. Bolonia Sausages, neats tongues, 2 dry and 2 green geese boiled and larded about 2 hours after your pot is boiled and scummed, but put in more presently after your beef is scummed, mutton, venison, pork bacon, all the aforesaid in Gubbins as big as a duck's egg in equal pieces: put in also carrots turnips onions cabbage in good big pieces, as big as your meat, a faggot of sweet herbs, well bound up, and some whole spinnage, sorrel, borage, endive marigolds and other good potherbs a little chopped and

sometimes French barley or lupins green or dry. Then a little before you dish your Olio, put in your pot cloves, mace, Saffron. Then have divers fowls boiled, a goose, two capons, two ducks two pheasants two wigeons four partridges, four stockdoves, four Teals, eight snites, twenty four quails forty eight larks. Then have bread, marrow, bottoms of artichocks, yolks of hard eggs, large mace, chestnuts boiled and blanched, two colliflowers saffron stewed in a pipkin with butter white wine and broth.

First dish your Beef or Pork then your mutton sausages Tongues and roots over all Then your largest fowl and so to the smallest fowl. Then broth it and put on your pikin of Colliflowers and chestnuts, some Sweetbreads fried yolks of hard eggs, marrow boiled in broth, saffron pistaches, red Beets and lemon peels whole and run it over with beaten butter.

To a garnish of an Olio Royal have two collars of Pig's Brawn, 2 Marrow Pies. 12 rost Turtle doves in a Pie 4 Pies. 18 quails in a Pie, four pies, two Sallets, 2 jelleys of two colours two forc't meats and two tarts.

OX CHEEKS IN SALLET

Take Ox Cheeks, bone and cleanse them, steep them in Claret all night The next day season them with pepper salt and sweet Herbs, roll them up and boil them till tender in water vinegar and salt, then press them, and being cold slice them in thin slices and serve them with oyl and vinegar. 1680

[A good cold luncheon dish. O. H.]

A TURKISH DISH OF MEAT

Take an interlarded piece of Beef cut it in thin slices and put it in a pot that hath a close cover, then put to it a quantity of clean picked Rice and put in whole peppers, an onion and let it boil very well. The thicker it is the better. 1685

CSLEK

[Brought by Celia Haynes from Finland]

$\frac{1}{2}$ lb of Fillet of Beef, $\frac{1}{2}$ lb mutton, $\frac{1}{2}$ lb. Ham, Cut the meat in neat pieces and put them on Skewers alternately. Grill.

Cook a teacup of rice. Add to it some tomato purée. Put rice in oven a few minutes before serving. Do it in oil or butter. [*Note: I do not know what this last direction means but I assumed the rice was fried lightly in oil before cooking it. O. H.*]

STEWED OXTAILS [J. O. Waller]

Clean them and blanch by putting them into cold water and bringing it to the boil. Melt $1\frac{1}{2}$ oz dripping in a pan and fry the oxtails brown. Add 1 quart stock or water. Add 1 carrot, onion and stick of Celery sliced, a bunch of herbs, salt and pepper. Mix 2oz of flour with a little stock or water to a smooth cream. When the oxtails are simmered tender, about 3 hours, add the flour, and boil 5 minutes. A glass of sherry improves it.

4 persons.

MOULD OF OXTAILS [Anne Elizabeth Waller 1846]

Cut off the fat, and cut in joints. Put 10z of butter in a pan and brown it. Dredge the oxtail with flour, and brown it in the butter, add enough water to cover it and $\frac{1}{2}$ gill vinegar, add chopped chives, herbs, pepper and salt. Stew till the meat leaves the bones. Butter a plain mould, and line it with slices of hardboiled egg. Put in the meat and as much stock as it will hold. Turn out when cold. 1 glass Marsala.

FILLET OF STEAK WITH OLIVES [Old Sarah]

1 $\frac{1}{2}$ lbs of undercut, cut in pieces $\frac{3}{4}$ inch thick by 2 $\frac{1}{2}$ long and put it to marinade for an hour in 2 table-spoonsful oil, 2 table-spoonsful Vinegar, a slice of onion, a pinch of herbs and a little grated lemon peel. Turn the steaks occasionally. Drain them and dry them. Put a tablespoonful of oil in a stewpan, as soon as it boils dust the fillets with black pepper and some salt and fry for 10 minutes turning them occasionally. Dish upon a *hot* dish. Pour away the fat, and add to the gravy $\frac{1}{2}$ gill good stock, a squeeze of lemon, a very little cayenne pepper and 10 Spanish olives (stoned) and a speck of garlic, boil up gently and skim. Then boil up sharply to thicken a little. Fill the middle of the dish with baked potatoes (skinned), arrange the steaks against them pour the sauce round them and serve.

FILLET WITH ANCHOVY BUTTER [J. O. Waller]

1 $\frac{1}{2}$ lbs undercut as above in the same marinade. Rub the steaks over first with a clove of garlic. Grill the

steaks. Meanwhile take an ounce of butter, 1 dessertspoonful anchovy essence and 2 drops of lemon juice and a dust of black pepper. Work all together with a silver fork. Dish the steaks and put a lump of Anchovy butter on each. Garnish with watercress.

CANNELON ROYALE [Lamb 1700]

Take a pound of any cold meat. Mince finely, add $\frac{1}{2}$ lb minced bacon or ham, 6 oz breadcrumbs (soaked first in a little milk), a tablespoon minced parsley, a little grated lemon peel, a pinch of herbs, pepper and salt. Add 1 gill stock or gravy, the well beaten Yolks of 2 eggs, mix well, then add the whites whisked stiff. Roll in a well greased pudding cloth and steam 2 hours. Turn out carefully and serve with Tomato Sauce.

STEAK IN ALE [Old Sarah]

Put 2oz lard in a pan and when it boils add 2 large Spanish onions (cut up), brown them well. Pepper and salt the steak and put it on top of the onions. Put the lid on and draw back on the stove, cook very slowly for 2 hours. Add $\frac{1}{2}$ pint ale and cook another hour keeping the lid on all the time.

[The first week she was in my house, during our morning interview, she cast up her eyes, looking like a disreputable version of the Soul's Awakening, and said:
" Ah ! Mum, if you'd only tasted Steak in Ale ! "

O. H.]

TO MAKE MOST RARE SAUSAGES WITHOUT SKINS

Take a leg of young Pork. Cut off all the lean and mince it very small. Leave no strings or skins in it; then take two pounds of beef suit shred small, two handfuls of Red Sage, a little pepper, salt and nutmeg and a small piece of onion. Mince them together with the flesh and suet and being finely minced put the yolks of two or three eggs, mix all together and make it into a paste and when you will use it, roul as many pieces as you please in the form of an ordinary Sausage, and fry them.

MRS. BECKINSALE'S BACON PUDDING [Traditional]

Make a paste with flour and lard. Roll out thin, spread with a layer of bacon rashers, then a layer of chopped sage and onions with pepper. Roll it up, put it in a cloth and boil it for one hour.

[*Note: Chopped mushrooms might be a good variation.*
O. H.]

SPANISH BEEF STEAK

A 1lb slice of steak (thick). Beat out flat. Spread on it a stuffing of boiled rice, chopped onion, chopped hard boiled egg, 2 chopped gherkins and 1 teacupful of breadcrumbs soaked in olive oil, pepper and salt. Roll it up (fat lengthways) and tie it. Sprinkle the outside with flour and paprika. Melt some dripping in a baking dish, put in the steak and bake 15 minutes in a hot oven turning it over after the first five minutes.

SPANISH STEAKS [Jessie Oriana Waller]

1lb Rump Steak, 2 onions, 2oz butter, $1\frac{1}{2}$ gills hot brown Stock, one tablespoonful Cream, 1 tablespoonful Tarragon Vinegar.

Cut the steak in rounds after beating it well, score the top of each piece and sprinkle over a little parsley, vinegar and butter. Let it stand while the onion is frying in the butter. Strain the steaks so that no fat is left in the stewpan. Cover the bottom of the Pan with stock and let the steaks simmer in it one hour, then dish them. Reduce the gravy by half and pour it round the steaks, adding the onion before serving.

4 persons.

BEEF PIE

Cut some cold roast beef into slices, roll them in salt and pepper and a little French mustard and cut some slices of fat bacon, line a fireproof dish with them. Cover with a layer of peeled mushrooms, place pieces of butter on the top with breadcrumbs, a pinch of herbs, pepper, and salt. Cover with the slices of Beef. Pour over a little gravy and a dessert-spoonful of Port. Then repeat the layers of mushrooms and breadcrumbs and a little parsley, lastly breadcrumbs. Pour a little melted butter over the top and put it in the oven. Brown well.

TO ROAST A CHINE OF MUTTON THE ITALIAN WAY
[1770]

Shred some Parsley and Chives very fine and mix them with a little pepper. Cut some slices of the

lean of Gammon of Bacon and strew them on both sides with the seasoning. Cut also some thin slices of fat bacon without the seasoning. Take a fine Chine of mutton and raise up the first skin and draw it off nearly all the way except at the end. Lay the seasoned slices of bacon on the mutton and over them the fat bacon slices. Draw the skin over again and fasten it with packthread. Cover the whole with paper and roast carefully. When it is near done take off the paper strew breadcrumbs over it then brown it up and send to table with good gravy.

A MUTTON PASTY

A fat well hung loin of mutton. Bone it and put it in a pan with a pint of red wine and a pint of vinegar well mixed, for twenty-four hours. Then take it out and season with pepper and salt. Put it in a dish covered with good paste. Put on the top crust and bake. Then raise the lid up and pour in a pint of rich gravy made with the bones.

A DEVONSHIRE SQUAB PIE

Cut a loin of mutton into Steaks and Season them well with salt and pepper. Cover a dish with a good Crust. Pare and slice some apples, lay them at the bottom of the dish, then lay in the mutton steaks, then more apples, then some onions. Cover these with the rest of the mutton Steaks, then add another layer of apples and onions. Pour over a pint of water. Then close the Pie.

CAPILOTADO, IN THE LUMBARDY FASHION OF
A CAPON

Boil Rice in mutton broth till it be very thick and put to it salt and sugar. Then have some Bolonia Sausages boiled very tender and minced very small and some grated cheese. Then cut up a boiled or roast Capon and lay it in a clean dish and strow on the Sausage and cheese and lay on Yolks of raw eggs thus make two or three layings in all, eggs and some butter or marrow on the top of all and set it on the embers and cover it, or in a warm oven.

TO CARBONADO A SHOULDER OF MUTTON

Take a shoulder of mutton, half boil it, scotch it and salt it, save the gravy. Broil it on a soft fire, being finely coloured and fitted. Make Sauce with pepper vinegar butter and mustard. 1685

COLD CUTLETS LOUISE [J. O. Waller]

Best end of Neck of Mutton, 1 pint Bechamel Sauce, Half a pint of Aspic Jelly, $\frac{1}{2}$ oz gelatine, 1 sprig Chervil. Salad.

Braise the cutlets for half an hour, take them out and press them all night under a heavy weight. Have ready the following sauce: $1\frac{1}{2}$ oz butter, $1\frac{1}{2}$ oz flour, 1 pint milk, one gill cream, 6 button mushrooms, one stick of celery, a small piece of onion, a slice of lean ham. Put the milk into a stewpan with onion celery and ham to flavour. In another melt the butter and flour. Cook well, then gradually strain the milk into it, melt $\frac{1}{2}$ oz gelatine in water and strain

into the sauce. Add the cream. Coat the Cutlets with this sauce so as to dish them up all the same way. Two or three coats must be given, letting each set in between. Put the salad in the middle of a dish and cover it with Mayonnaise sauce. Arrange the Cutlets round the dish and garnish with chopped Aspic Jelly.

MUTTON CUTLETS JARDINIÈRE

Trim the cutlets and lard them with thin strips of fat bacon. Warm some thin slices of ham in a saucepan. Put the cutlets on top. Season with pepper, salt and chopped parsley and pour over some good stock.

Serve on dish of turnips, carrots, celery and potato cut in dice ; skim the gravy and pour it over.

STEWED KIDNEYS [J. O. Waller]

Skin the Kidneys and fry them in butter, stir in 1 tablespoonful of flour and a little salt and pepper, $\frac{1}{2}$ a teaspoonful mixed herbs one teaspoonful of chopped Parsley, add 1 cup of Stock and simmer gently 15 or 20 minutes.

CURRY [Colonel Innes 1850]

Put two tablespoonsful of butter and a shredded onion in a stewpan ; when the onion is dark brown add a heaped tablespoonful of Curry powder, 2 saltspoons salt, a small stick of Cinnamon and 6 Cardamums, fry all together. Fry separately a piece of apple cut up, a handful of Sultanas and some chopped carrot and turnip. Add to the curry

half a lb of meat cut up, no fat. Let simmer till the meat is cooked and has absorbed all the curry, add the vegetables and one cup of milk. When nearly done add some Chutney, squeeze half a lemon into it and stir. Serve with boiled Rice.

4 persons.

VEAL CUTLETS AS COOKED AT PONTACK'S [1770]

Cut a neck of Veal into Steaks and fry them in butter. Then put them into good broth made with the scrag end boiled with two anchovies, a nutmeg parsley and lemon peel shred fine and browned with burnt butter. Put your Cutlets with a little salt and a glass of white Port into this liquor, let them stew a few minutes then put in a piece of butter rolled in flour. When it is quite melted lay the cutlets on a dish, pour the sauce over them and squeeze in a Seville Orange.

[Pontack's was a celebrated Restaurant.]

TO HASH COLD VEAL [1770]

Cut the veal very thin. Take the yolks of 2 eggs and beat very fine and mix by degrees with half a pint of Milk, add a little salt and a spoonful of mushroom pickle and a piece of butter rolled in flour. Set it over the fire and when it is hot and well thickened put it in a dish.

TO MAKE VEAL OR MUTTON CUTLETS À LA MAINTENON [1720]

Cut your cutlets handsomely, beat them thin with a cleaver, season with a little pepper and salt, then

cover them except 2 inches of the bone, as thick as a crownpiece, with forcemeat and smooth it with a knife. Take as many sheets of paper as you have cutlets and butter them on one side. Dip the cutlets like wise in melted butter and strew a little grated bread over the forcemeat. Lay each cutlet on a sheet of paper cross the middle of it leaving the bone an inch out, then close the ends of your paper as you do a Turnover Tart. Cut the paper off that is too much. Broil your mutton cutlets half an hour, your veal three quarters. Then take off your paper and lay them in a Dish the bones outermost. Let your sauce be butter gravy and lemon.

SWEETBREADS IN CASSEROLE

Blanch and trim the sweetbreads. Put in an earthen casserole with a leek cut in pieces. 1 saltsp. salt and 2 saltsp. white pepper. Pour over all 1 tablespoonful oiled butter. Braise in oven 40 minutes. Baste well. Remove sweetbreads and drain off some of the butter. add 1 gill sherry and let reduce to half the quantity. Squeeze the juice of a lemon over the sweetbreads and serve in the same casserole.

SWEETBREADS À LA CHANTRAINE

[Presented to me by Monsieur Chantraine]

Put some fine sweetbreads into salted water and leave them for 3 hours. Then boil them in fresh water with pepper for 20 minutes. Drain them then cook them in butter in saucepan for 20 minutes over a moderate fire. Add a portwine glass of

brandy and light it. Then 3 portwine glasses of cream, 3 tablespoonsful of meat jelly, the juice of a quarter of a lemon, 3 teaspoonsful of French mustard, salt and pepper to a nicety, reduce on a moderate fire till the sauce is thick enough. A few sippets of Fried bread to be served with it.

BAKED CALF'S LIVER

Fry the pieces in butter just enough to brown them (not cook through). Chop together 2 rashers of bacon, a shalott or leek and some parsley; season and spread this over the bottom of a flat fireproof dish. Lay the liver on it and pour over the butter in which it was fried. Cover with buttered greaseproof paper and bake $\frac{1}{4}$ hour.

BRAISED CALF'S LIVER

Cut the liver into thin slices. Put a little olive oil in a casserole, some slices of bacon, some white wine, chopped parsley, spring onions and mushrooms, salt and pepper, then the slices of liver, then another layer of the same ingredients; then more liver. Cover the whole with slices of fat bacon. Cover tightly and simmer 20-30 minutes.

COLD VEAL POTTED

8oz veal, 4oz boiled bacon, 1 blade mace, pepper. Pound to a paste, add bacon dripping till smooth, pot and run bacon dripping over.

FRITTO MISTO

[From the Chef at the Nettuno, Pisa]

1lb of liver and Sheep's Heart, a cauliflower broken in pieces (scald the cauliflower first), lamb's fry and Paris sausages.

Cut the meat in pieces and egg and breadcrumb all the ingredients. Put 4oz of butter, salt and a tablespoonful of chopped parsley in a pan with a little lemon juice. Fry seven minutes, no more or it will be hard.

GARLIC PORK [From a Portuguese Benefactor I met
at a dinner party]

Cut the pork into small pieces and rub them with salt. Bruise some garlic and put all into a large jar with a bunch of herbs and some Chillies and pour over enough cold vinegar to cover the meat. It is ready at the end of three days but it may be kept for a week.

TO BAKE A PIG TO BE EATEN COLD CALLED
A MAREMAID PIE

Take a Pig. Flay it and quarter it, then bone it. Take also a good eel flayed, speated, boned, and seasoned with pepper, salt, and nutmeg. Then lay a quarter of your Pig in a round Pie; and part of the Eel on that quarter, then lay another quarter on the other and then more eel and thus keep the order till your Pie be full, then lay a few whole cloves, slices of bacon and butter and close it up, bake it in a good fine paste. Being baked and cold fill it up with good sweet butter.

PROVENÇAL GOULASCH [Maiki Scharf, Feldafing]

$\frac{1}{4}$ lb beef, $\frac{1}{2}$ lb veal, 4-5 Tomatoes, 1 large cucumber, 4-5 Potatoes, 4-5 Leeks, Onions, Parsley, Dill, A little Cayenne pepper.

Cook the meat and onions in butter in a Casserole for 15-20 minutes, or till fairly soft. Then add the rest with more butter and a little olive oil (all cut in small pieces), cook till soft. Then add a teaspoonful of mustard and a teacupful of sour cream.

POULTRY

FOWL IN WINE [Old Sarah]

Cut a fat fowl as it is carved when roasted. Place in an earthen pot with $1\frac{1}{2}$ ounces of butter, 3oz of bacon cut in cubes and six small onions to colour, all this to be very hot before the fowl is added. Add a bunch of parsley, thyme, bay leaves and a handful of mushrooms. Cover the pan till all is well browned. Remove the fat. Pour over a wineglass of good brandy and light it. When the spirit is evaporated add one pint of good claret or burgundy, salt and pepper and enough flour to thicken the sauce. This must all be done on a quick fire.

PILAF [E. S. P. Haynes's Dragoman, Greece 1913]

One pound of Rice, $\frac{3}{4}$ lb of butter, 1 pint white Stock 3oz tomato purée, one head of Garlic, one fowl, jointed.

Brown the rice and fowl in some of the butter in a casserole with the garlic, stirring over a slow fire for 20 minutes. Have ready the stock and the Tomato and pour it on the rice, stirring well. Draw the casserole to the side of the fire and leave it well covered for an hour. When the rice has absorbed all the stock add the rest of the butter and serve hot in the Casserole.

[Any meat will do. O. H.]

TO DRESS PULLETS À LA TARTARE [Lamb]

Truss a couple of Pullets as for boiling. Slit them along the back and spread them open upon the Dresser and beat them. Put in a stewpan parsley, Chives and Savoury herbs shred small and seasoned with salt and pepper. Lay the pullets in breasts downwards, put some of the seasoning upon them then pour in some melted bacon, stir them about and let them lie two hours, to give them the taste of it. Then set the stewpan over the fire to melt the Bacon again and keep moving the Pullets in it for half a quarter of an hour. Then take them out and drudge them well with Bread crumbed very fine and lay them to broil on a gridiron over a slack fire till they are grown brown.

You may serve them with a Remoulade Sauce
[page 116] 1670

CHICKEN CRÉOLE [Renée Tickell]

1 jointed fowl, 3 large tomatoes, 1 leek, 4 red peppers, 2 cloves garlic, all chopped, 1 Bay leaf. 1 pint warm stock or water. Seasoned flour.

Roll the pieces in the seasoned flour, fry in butter golden brown. Put them in a warm casserole, add leek to butter, fry brown, then put in casserole. Sprinkle 2 tablesp. seasoned flour in the butter and mix well; fry brown and add to casserole. Then add the rest of the ingredients. Simmer gently with the lid on 20 minutes. Add the warm stock or water. Season with salt and pepper. Simmer 45 min. more. Serve boiled rice with it.

CHICKEN WITH PICKLED PORK

Blanche by boiling a few moments 2 or 3 slices of pickled Pork. Cut it in dice and fry it in butter. Take the Pork out and fry the chicken (cut up) a light brown. Take out and put in a casserole with the Pork. Then fry in the fat $\frac{3}{4}$ lb of Potatoes cut in rounds not too thin. Pour the fat into the casserole. Place potatoes on top. Cover lightly and cook in the oven 1 hour. A little real gravy or good stock can be added at the end.

TO MAKE A RAGOO OF GIBLETS [May]

Blanch them in water and if among them you have any Cockscombs boil them by themselves and skin them. Then set the whole a simmering in a strong Broth with high seasonings of spice and herbs and when you are almost ready to serve, fricassey your gIBLETS in melted Bacon with a little shred Parsley and Chives. Then set them again to simmer in their own Broth which you may thicken with yolks of eggs. So serve them in Plates or little dishes.

TO DRESS FOWLS' LIVERS WITH MUSHROOMS
[May]

Take the livers, cut off the galls, and put the livers in a tart pan first covering the bottom with Bards of bacon, season them and cover them with other bards and set them to bake in the oven taking care that they dry not too much. Pick and wash some mushrooms, dry them over the stove then lay them in a dish with a little bacon and a drop of vinegar. Toss by themselves some slices of ham with a little flour and a bunch of herbs in melted bacon. Then add some veal gravy that has no salt in it, and boil the livers and the mushrooms, after they are well drained, in the same sauce. Take off the fat and serve it warm.

CHICKEN LIVERS WITH RICE [Old Sarah]

Wash 6oz of Rice and boil till tender. Make a tomato sauce with 2 breakfast cups full of stewed tomatoes, one sliced onion, 1 clove, 2 Bayleaves, 1 saltspoon Celery seed, 2 teaspoonsful of sugar, salt and pepper to taste.

Rub through a sieve and return to the pan and thicken with one ounce each of flour and butter worked together. Prepare and separate the livers (6), sprinkle with salt and pepper and sauté them in hot butter. Arrange them in the middle of a dish, put the Rice round and pour over the tomato sauce.

TO DRESS CHICKENS WITH SLICES OF HAM [1685]

Cut one slice of ham for each chicken. Beat the ham and season with chopped chives and parsley. Loosen the skin about the breast and put the slice of ham between the skin and the flesh. Bard them. Tie up with packthread, and roast them. Serve with Essence of Gammon of bacon poured over.

DUCK WITH OLIVES [1720]

Braise the duck. Toss up a few mushrooms and a slice or two of ham in a saucepan cut in dice. Add some good gravy or stock. Stone some olives, and scald them. Drain a moment then put them in the Ragoo. When you are ready to serve the duck give them one boil, lay your duck on the dish and pour your Ragoo upon it.

DUCK IN CASSEROLE

Cut up a duck and season with salt and pepper, put it in a casserole with 2 large onions, chopped, moisten it with 2 small glasses of brandy and 1 pint red wine. Leave to soak for several hours.

In a covered earthen casserole put 4oz chopped fat bacon and a large spoonful of olive oil. Drain the duck and dry it. When the bacon is very hot brown the duck in it. Cook with the cover on for 15-20 minutes. Then add the marinade, add 2 large sprigs of parsley, one of thyme, $\frac{1}{4}$ bay leaf and a little garlic, and $\frac{1}{4}$ lb of cooked mushrooms. Cook on a *very* low fire 1 to 1½ hours.

[This is the fate of my elderly Ducks. O. H.]

DUCKS' LIVERS SAVOURIES [Oriana Haynes]

Fry in butter. Season and roll in bacon and grill.
Or : Fry and then pound with a little butter, pepper and salt, and put a lump on each grilled mushroom on toast. Mushrooms of a size to be enough for 1 person.

GAME

ROOK PIE [Waller 1820]

Skin the birds. Lay them in milk for an hour. Use the breasts only. Keep the rest and draw it down for gravy with 1 onion 1 carrot and some bacon. Line the pie dish with slices of bacon. Put in your rooks and some of the gravy. Cover with short crust. When done, pour in some more very hot gravy through the "chimney" in the middle.

PHEASANT OR GROUSE ETC. WITH SOUR CREAM

Cook a chopped leek in butter in a casserole. Put in the bird seasoned inside and out with pepper and salt. When $\frac{3}{4}$ done take out and cut up. Pour over sour cream. Return to casserole. Finish in the oven basting well. Serve in the casserole.

JUGGED HARE [Anne Elizabeth Waller 1846]

1lb steak and 1lb streaky bacon cut small. Fry the joints of the hare brown with some bacon. Then dust with flour, pepper and salt. Put in alternate

layers of hare, beef and bacon in a jar that will go in a saucepan. Add 1 onion stuck with cloves and a bunch of herbs in a muslin bag. The best pieces of hare should be at the bottom. Pour into the jar $\frac{1}{2}$ pint cold water. Set the saucepan of water on the fire and cook 4 hours after the water boils. Just before taking up add 1 tablesp. Ketchup, 1 claret glass port. Take out the meat and thicken the gravy with butter and flour, and pour over the hare.

Serve with fried forcemeat balls made from the heart and liver. If the blood is quite fresh it may be added in the last $\frac{1}{4}$ hour.

TO DRESS PIGEONS AU SOLEIL [Lamb]

Take squab Pigeons and stew them à la Braise. Get ready a farce composed of the flesh of all sorts of fowls, minc'd very small and then pounded to a paste. Wrap up your Pigeons in this farce so that nothing may be seen of them but the heads. Then dip them in beaten egg and drudge them with half flour and half crumbs of bread. Fry them till they are brown. Lay a napkin in a dish place the Pigeons on it and lay some fried parsley between them. So serve it.

RABBET À LA SAINGARAZ [1720]

Lard the Rabbits and roast them. Then take some slices of gammon of Bacon and toss them up with a little melted bacon and flour, put to them a bunch of herbs and some gravy without any salt in it, let all this stew together, put to it a little vinegar and bind the sauce with a good Cullis. Cut the Rabbits

in quarters, lay them in a dish, take the fat off your slices of Bacon, lay them on the Rabbits and pour the sauce upon them. So serve it.

PHEASANT IN CASSEROLE

Fry whole in butter till well browned in a casserole. Fry in butter separately 6 peeled and cored apples chopped up. Put a layer of apples in the casserole, then the pheasant, then the rest of the apples, pour over a gill of cream. Put the lid on tight and bake about $\frac{1}{2}$ an hour. Serve in the Casserole.

HARE WITH SOUR CREAM

[Brought by Celia Haynes from Vienna]

Use the saddle only, well skinned, washed and dried. Lard well with strips of bacon and season all over. Fry some chopped fat bacon in a pan, add a good piece of butter and when hot, the hare. Brown lightly. Then cook very slowly in the oven for $2\frac{1}{2}$ hours, basting well. One hour before it is done baste with sour cream ($\frac{1}{2}$ pint). If thickening is needed, 1 teasp flour in a little water. Gravy a light brown. 4 people.

JELLIED GAME [Oriana Haynes]

Make a strong well flavoured jelly with the game bones, pepper salt and herbs. Cut the meat into small squares or dice with some boiled ham and a few stuffed olives. Dip a plain mould in cold water and decorate it with a few olives. Stir the game and ham into the jelly. Pour a small quantity into the mould and let it set. Do this till the mould is full.

TO MAKE A PUPTON OF PIGEONS [May]

For a little dish you may take six Pigeons or more ; truss, singe and blanch them. Then fry them in a little butter, being first larded with small lardoons. Then put them stewing with a little broth, when they are almost tender put to them two Sweetbreads cut in large bits and fried, a handful of Morils and mushrooms well picked and washed and twelve chestnuts blanched. Put all this together. Then take a saucepan with a quarter of a pound of Butter, a small handful of flour and two whole onions Brown it over the fire with a pint of Gravy, put in your ingredients aforesaid having first well seasoned them with pepper salt and nutmeg. Let it stew till most of your Ragoo sticks to your meat. Then set it off the fire acooling. Take a Patty pan or saucepan and butter the bottom and sides, then cut four or five slices of bacon as long as your hand and as thin as a shilling, put them at the bottom and sides of your Pan at an equal distance. Then place all over it a quantity of forcemeat half an inch thick as high on the sides of your pan as you think will hold your pigeons and Ragoo. Then pour in your cold Ragoo and Pigeons placing them with the Breasts to the bottom because the bottom side is turned up when it goes to table, then take out your whole Onion bacon and cloves that was in your brown and squeeze in a whole lemon, place your Pigeons with their breasts to the middle of the pan and your Ragoo between them at an equal distance. Cover it all over with the same forcemeat an inch thick, close it well round the sides, smooth it well with

your hand and an egg, strew on it a little grated bread. Bake it an hour before you have occasion to use it; then loose it with a knife from the sides of your patty pan or saucepan, put it on your Mazarine or little dish wherein you intend to serve it and turn it upside down clearly, if it is well baked it will stand upright like a brown loaf. Squeeze over it an orange, lay round it fryed parsley, the sauce in the middle. So serve it for a first course.

Note. That we make puptons of Quails, Partridges, Turtledoves, Bantings and larks the same way; only adding to the two last some yolks of hard boiled eggs.

PUPTON OF PIGEON COLD

Take two woodpigeons. Cut off the meat, and cut up 3oz of fat bacon, a shallot, and a few mushrooms. and fry all quickly for 5 minutes. Then put on the lid and cook slowly for an hour with a bouquet garni. Remove the bouquet garni, pound the meat in a mortar very fine. Have ready a good meat jelly. Line a mould with it, then put in your pigeons, and when set enough pour in a little more jelly. You may if you wish decorate the top of the mould with a few olives or mushrooms.

Enough for six.

TONGUE TOASTS OR ANY GAME [J. O. Waller]

4 ounces of Tongue, 1½ ounces of butter, 1 gill of cream 1 yolk of hardboiled egg a few drops of Carmine.

Chop the tongue finely and keep 1½ oz for garnishing. Put the rest in a Mortar with the other ingredients, pound well, then rub through a hair sieve. Serve on fried crusts 1½ inches in diameter.

HAM

ESSENCE OF HAM OR BACON [Traditional]

Take off the fat and cut the lean in slices, beat them well and lay them at the bottom of a pan with onions carrots parsnips cut in slices. Cover it and set it sweating over a gentle fire, when it begins to stick drudge it with a little flour and turn it, then moisten it with broth and veal gravy in equal parts, season it with two or three mushrooms and Truffles some cloves Basil Parsley and a whole leek. Add to it some crusts of bread and let it simmer over the stove for three quarters of an hour; then strain it through a sieve and set it by for use.

HAM BALLS

Cook and mash 1 lb potatoes. Mix with them ¼ lb grated lean ham, 1 oz butter, 2 beaten eggs, pepper, a grate of nutmeg and 2 tablespoonsful chopped parsley, 1 of chopped chives. Mould into little balls and fry them.

TO CURE A HAM [Waller, Burford 1821]

One half pound of Common salt, one half pound of Baysalt, 2oz Salt Petre, 2oz juniper berries (bruised), 1oz pepper, 1oz Allspice, 1lb treacle, 1 quart strong beer.

Put all this to dissolve the day before boiling. Boil and pour hot over the hams and when cool enough rub well in. Baste them well with the pickle every day for a month.

TO A HAM 16LBS WEIGHT PUT
[Prosser, Walton Cardiff, *circa* 1815]

One pound bay salt, two ounces saltpetre one quarter pound of black pepper one half pound of common salt. Reduce these to a fine powder and lay them on the ham. After four day add one and a half pounds of treacle. Let the ham remain in the pickle for one month taking care to rub it every day and to turn it twice a week. Two or three days before you take it out of the Pickle slice two or three onions over the ham. Then soak it 24 hours in rain or river water and put it in the chimney to dry. This will take about a fortnight. The ham will not need soaking before it is dressed.

TO CURE A TONGUE OR ENDS OF SIRLOIN
[Waller, Burford 1821]

2oz salt petre, $\frac{1}{2}$ lb baysalt, $\frac{1}{2}$ lb Ham sugar, two large handful of Common salt to be well rubbed in and turned every day for 3 weeks or a month.

[*Note: This is very useful for the large tail Butchers will send on a sirloin. O. H.*]

BRAISED HAM [Waller]

Soak the ham for twelve hours, then wash and scrub it. Put it in a saucepan just large enough to hold it, cover it with cold water, bring it to the boil and then simmer for three hours. Remove the rind, empty the water and wipe the pan well. Return the ham to the pan. Sprinkle brown sugar on top and pour over half a bottle of brown sherry. Put in the oven for $\frac{3}{4}$ of a hour.

Dish up, add to the sherry 1 pint rich gravy thickened with a little butter and flour. Skim the fat off, and serve the gravy in a sauce boat.

Broad beans are eaten with this ham. Fry 1 teaspoonful of chopped onion in butter, add the cooked beans, season, and add 2 tablespoonsful of the gravy from the ham.

TO USE THE END OF A HAM

Pass twice through the mincing machine. Mix with enough Aspic jelly to make a mould. Set in a ring mould. Serve with the centre of the mould filled with stiffly whipped cream flavoured with celery salt and a little cayenne pepper (or Tarragon).

SAUSAGES [Waller 1820]

A piece of neck of Pork. Equal parts of fat and lean, no skin. Put through a mincing machine once. Add powdered sage, rosemary, pepper and salt. Put through the machine again. Roll each sausage in flour making eight to the pound. Fry in a dry pan.

DEVILLED SAUSAGES [John Fothergill]

Boil the sausages for one hour, then let them get cold, skin them and cut them in half lengthways. Put them on fried toasts covered with a little French mustard. Put Chutney on the top and heat up well.

VEGETABLES

Morrils are not a plant but rather an excrement of the earth that grows in woods.

P. LAMB

List of Seventeenth Century Salad Ingredients and other herbs used in Cookery then.

Spinnage, Sorrel, Beets, Sage, Onion, Mint, Balm, Burnet, Violet leaves, Colewort, Purslain, Parsley, Red Sage, Endive, Chervil, Cornsalad, Rampions, Alexander Buds (?) Lily flowers (slit with a pin), Scurvy Grass. Kitkeys (?) Pickled flowers, oysters, mushrooms. Candied flowers. Mellecattons, oranges, lemons, capers, Olives, figs, currants, Almonds and Raisins. Pease. Potatoes. Broom Buds, Chicory. Fennel Marigold Flowers. Borage, Rosemary, Thyme, Lettuce, Bay leaves, Marjoram, Hyssop. Saffron. Coltsfoot, Agrimony, Betony, Tansy, Buglos, Tamarisk, Fumitory, Skirrets, Chibbol (cipolli), Morrils, Samphire, watercress, Cucumbers. Parsnips Turnips lettuce.

Boil potatoes in their skins and peel the skins before serving.

Don't let the Cook soak vegetables for hours on end under the plea of problematical Slugs: an hour is ample. See that the bottom of the salad bowl be dry before beginning to dress the salad.

Celia has brought home from Sweden the idea of having chopped Dill and butter with the new potatoes instead of parsley. It is delicious.

VEGETABLES

JERUSALEM ARTICHOKE: FOUR METHODS

1. Parboil, then fry. 2. Boil and mash with butter, salt and pepper. 3. Parboil, cut in thick slices, butter the bottom of a casserole, and put in layers with butter and seasoning between each. Take off lid and brown at the end.

4. Soufflé. Line the bottom of the Soufflé dish with (real) artichoke bottoms.

AUBERGINES

Cut lengthways into 6. Powder both sides with salt and leave $\frac{1}{4}$ hour. Drain, melt butter till nearly black, then fry the slices turning twice.

AUBERGINES STUFFED

Cut lengthways in half. Cook gently in butter. Take out pulp and put the skins on a fireproof dish. Fry in oil some tomatoes, chopped parsley, chopped garlic. Mix with the aubergine pulp. Put it in the shells, cover with browned crumbs with a little butter on top. Brown in the oven and serve.

BEETROOT

Done like mashed Turnips is quite human food.

TO FRY BEETROOT

Take boiled Beetroot and cut them lengthways into pieces half an inch thick. Dip them in Batter.

Strew over Breadcrumbs and chopped Parsley and fry them in Butter. Lay them in a dish, squeeze over some Seville Orange juice and serve.

The Batter. The yolks of 6 eggs and the whites of 3 beaten very fine, $\frac{1}{4}$ bruised cloves, a little nutmeg, pepper and salt, $\frac{1}{4}$ pint of Mountain, $\frac{1}{4}$ pint of cream. Beat all well together and put in by degrees enough flour to make a Batter.

[*Mountain: Canary wine.*]

COOKED BRUSSELS SPROUTS

may be each dipped in batter and fried light brown.

BRUSSELS SPROUTS

1lb underdone Sprouts. Wash three anchovies, cut them in small pieces. Put them in a pan with 1 tablespoonful of salad oil and 1oz butter and fry till they are melted. Then add the sprouts and let them get thoroughly warm.

BROAD BEANS [Oriana Haynes]

Put a layer of fat bacon in a casserole, then a layer of beans and so alternately till the pot is full and a layer of bacon at the top. Put in some butter, some chopped parsley, a little pepper. Cover tightly and bake slowly one hour.

HARICOT BEANS WITH TOMATOES

Soak the beans overnight. Then boil in salted water till tender. Drain well. To every pound of beans

allow 4 tablesp. oil and 2 tablesp. of the tomato (given below), 2 sage leaves, salt and pepper, and 1 clove of garlic. Put the oil and sage leaves in a saucepan and when very hot add the beans, cook till they have absorbed the oil, stirring occasionally. Then add the tomato and mix well.

Tomato. Put 2 tablesp. oil and 1oz of butter in a saucepan and 1 leek cut up. Fry a golden brown crushing with a spoon to get the flavour out. Remove leek. Add 1lb chopped tomatoes, a little thyme and basil, bring to the boil, simmer 1 hour. Pass through a sieve, add to the beans in the saucepan, mix well and serve very hot.

BUTTER BEANS

$\frac{1}{2}$ lb cooked beans, 1oz chopped ham or bacon, 1 dessertspoonful chopped Parsley, 1 dessertspoonful chopped onion, $\frac{1}{2}$ oz butter.

Fry these brown in a fireproof dish, then add the beans and brown well; add $\frac{1}{2}$ gill milk, pepper and salt.

A RAGOO OF CABBIDGE LETTICE

Take the whitest Cabbage lettice, blanch them in boiling water, then put them into cold. Squeeze them as dry as you can, cut them in slices and toss them up in a saucepan with a little melted Bacon and a bunch of savoury herbs and pepper. Put to them veal gravy and essence of ham and let them simmer, then take off the fat and bind the Ragoo with a cullis of veal and ham.

CABBAGE [to preserve the value and flavour]

Cut it in four and soak an hour in salt and water. Have ready a pan with one and a half gills of boiling water to which salt is added. Cook *slowly with the lid on for an hour*. Chop up and run a little melted butter over it and serve. Also for Sprouts, Green Beans, Peas, Spinach, Turnip tops Young nettle tops and Young dandelion leaves.

CABBAGE IN CASSEROLE

Shred the Cabbage, put it in a Casserole with a pint of slightly salted boiling water. Cook slowly for an hour, adding more water or stock if necessary. Fry brown a little flour and stir in a little gravy or stock. Season with salt and pepper and add one ounce of grated cheese.

STUFFED CABBAGE LEAVES

Cook for 10 minutes. Mix 1 skinned tomato, 3oz rice (boiled), 1oz grated cheese, 1 dessertspoonful parsley, 1 leaf of rosemary, 1oz fat with salt and pepper. Separate the Cabbage leaves carefully. Place a spoonful on two cabbage leaves and roll up. Put 1oz fat in a casserole. When quite hot put in a little chopped chives, fry and then add a tablespoonful of water. Put in the rolls and stew till tender.

CABBAGE MOUSSE

1lb cold cabbage, 3 eggs, $\frac{1}{2}$ gill cream, 1 tablespoon breadcrumbs, a grate of nutmeg.

Put the cabbage through a sieve add the yolks of

eggs gradually, then the breadcrumbs and nutmeg. Beat the whites stiff and stir in lightly. Put in a buttered mould, cover with buttered paper, steam 1 hour. On no account to boil. [*Mem. Try a little curry powder.*]

RED CABBAGE, OR ANY CABBAGE

[Old Sarah]

Slice it finely and soak in cold water for half an hour. Put it, without water, in a saucepan with 10z butter, 2 tablesp. chopped Chives, 1 teasp. salt and a little pepper. Cook with the lid on till tender (about 1 hour), then add 2 teasp. sugar and 1 tablesp. vinegar; cook another 5 minutes.

RED CABBAGE

Take off the outside leaves. Cut in half with a very sharp knife. Put in salted water for a little. Then remove the hard base, cut the cabbage in thin slices. Chop up a large bunch of Chives (or 2 Spanish onions) and 2 cooking apples peeled and cored. Place a casserole with a lump of butter in it over the fire. Pile up the cabbage, chives and apple on the melted butter, add a good spoonful of vinegar and a tumbler of red wine, a little brown sugar and salt. Cover very tightly and cook gently for 5 hours. Stir now and then with a wooden spoon. Can be served with hot ham, sausages, etc.

CARDOONS

Put in cold salted water and bring to boil. Put in a casserole 2 slices lemon, 3 slices bacon cut in dice,

a little butter, a bunch of herbs and peppercorns in a bag and a little grated cheese. Cook 3 hours, brown and add a drop or two of vinegar.

[Cardoon: a relation of the artichoke, the stalks of which are eaten like celery.]

CARROTS

Prepare 1lb of young carrots. Melt 2oz butter in a saucepan and stir in 1oz flour, add by degrees 1 pint of water; when smooth add 2 minced onions, 1 bunch of herbs, salt and pepper and lastly the carrots. Simmer $\frac{1}{2}$ an hour. Remove the onions and bunch of herbs, and bind the sauce with the yolks of 2 eggs and a little cream.

BUTTERED COLLIFLOWER

Boil them in milk with a little salt. Make a sauce with some of the milk two yolks of eggs and butter and serve them with sippets. 1680

CHESTNUT SOUFFLÉ [Oriana Haynes]

Use 50 Sound Italian Chestnuts. After boiling them take off both the outer and the inner skins. Cook in milk in a double saucepan for 1 hour with a few peppercorns and 3 leaves of Rosemary. When soft drain carefully and when dry pass through a fine sieve. Melt 2oz butter in a Casserole, add 1 tablespoonful of potato flour; stir well, then add the chestnuts and $\frac{1}{4}$ pint of cream. Cook gently for 20 minutes, season, stir well, then add one whole egg and the whites of 4 eggs whipped very stiff. Put the mixture in a well buttered Soufflé dish and

bake 10 minutes in a brisk oven. Serve with either a good purée of hare or failing that, mushroom sauce.

LENTIL MOUSSE

1 pint lentil purée. Put in a basin the yolks of 3 eggs, $\frac{1}{2}$ teasp. curry powder, salt, pepper, $\frac{1}{2}$ gill cream and 1 tablespoon milk. Mix well, add the purée and mix. Stir in the whites beaten to a froth. Put in a buttered mould, cover with buttered paper, steam 1 hour and don't let the water boil. Chutney improves it.

LENTIL HOT POT

1 $\frac{1}{2}$ lbs lentils. Potato, leeks, carrots, turnips, any other vegetables.

Wash and boil the lentils. Place them in a Hot Pot dish with alternate layers of vegetables and fat. Pepper and salt. Bake in a hot oven.

[Good but remarkably filling. O. H.]

BROILED MUSHROOMS

Peel and wash them. Season with salt and pepper, brush over with oil and broil them over a brisk fire for 10 minutes.

STUFFED PANCAKES

Make a stuffing of chopped mushrooms, chives, parsley, breadcrumbs, pepper, salt and butter; fry in the butter. Make the thinnest small pancakes like paper. Put the stuffing inside. Roll up and serve. Remains of Chicken, game, liver etc. may be used in this way.

PEASE OF TULIPS [Sir Kenelm Digby]

In the Spring about the beginning of May the flowery Leaves of Tulips do fall away and there remains within them the end of the stalk which in time will turn to seed. Take that seedy end (then very tender) and pick from it the little excrescences about it and cut it into short pieces and boil them and dress them as you would do Pease and they will taste like Pease and be very savoury.

TO DRESS MUSHROOMS WITH CREAM

Cut your mushrooms in pieces and toss them in Butter over a brisk fire with Salt, Nutmeg and a Bunch of Herbs. When they are done enough and most of the Butter is wasted away, put to them some sweet cream and serve them.

TO FRY POTATOES

Wash and wipe them very clean, do not pare them. Cut them in slices and fry them until they are brown. Lay them in a dish and pour over some melted butter.

TOMATO SOUFFLÉ

Rub some tomatoes through a sieve and to each $\frac{1}{2}$ pint of pulp add the yolks of 3 eggs well beaten, 1 teaspoonful breadcrumbs, a very little coralline pepper [1 *Red pepper is better, when in season*], a few drops carmine and a little grated Parmesan Cheese. Whip the whites to a stiff froth and add to the mixture. Pour into a buttered Soufflé dish and bake for 20 minutes.

VEGETABLE MARROW: THREE METHODS

1. Cut in pieces, fry in butter, sprinkle with chopped parsley, pepper and salt.
2. Cut in pieces, put in a flat fireproof dish. Cover with good white sauce (1 dessertsp. Tarragon vinegar). Bake light brown.
3. Cut in pieces. Fry in butter. Eat with grated Parmesan cheese.

A GRAND SALLET

Take a cold roast Capon or any other cold meat and cut it in thin Slices, square and small mingle it with Tarragon, Onion, and Lettuce minced. Lay it in the middle of a clean scoured Dish, then round it lay capers by themselves, olives by themselves, samphire by itself, Broom buds, pickled Mushrooms pickled Oysters, Lemon, Orange, Raisins, Almonds, blue Figs, Virginia Potatoes, Caperons and Crucifix Pease and the like more or less as Occasion serves. Then garnish the Dish sides with quarters of Orange and Lemon Oyle and Vinegar beaten together and poured over it all.

On Fish dayes a roast or boyled Pike boned in place of the Capon.

SECOND SALLET

Take all manner of Knots of Buds of Sallet Herbs, Buds of Pot herbs or any Green herbs such as Sage, Mint, Balm, Burnet, Violet Leaves, Red Coleworts streaked of divers fine colours Lettice, any flowers, blanched Almonds, blue Figs, Raisins of the Sun, Currans, Capers, Olives. Then dish the Sallet in a

Heap or Pile being mixed with some of the fruits, all finely washed and swung in a Napkin. Then about this centre lay first slict Figs, next Capers and Currans, then Almonds and Raisins, next Olives, and lastly either jagged Beets jagged Lemons, jagged cucumbers, or Cabbage lettice in quarters. Good oyle and Wine Vinegar. Sugar or None.

RUSSIAN SALAD DRESSING

Make a mayonnaise using lemon juice and Tarragon Vinegar. Add 3 tablespoons tomato Ketchup, minced Chives and a little Worcester Sauce. The sauce should be pink and may be improved with a tablespoonful of chopped sweet pimentoes.

SALAD [Athenæum]

Swing the salad in a cloth or salad basket till it is well dried. Take the yolk of a hardboiled egg and a little vinegar, a mustardspoonful of sugar and half a spoonful of mixed mustard and salt, add salad oil and vinegar and mix to a smooth paste. Add some chopped onion.

BEETROOT

Clean some small beets, do not break the skin. Boil till tender. Take up, peel and slice into a hot dish and pour over the following sauce: Melt 1oz butter, add 2 raw yolks of egg, 4 tablespoonfuls cream, salt pepper and a little lemon juice. Stir till the sauce is thick but do not let it boil, add 1 teaspoonful of Tarragon vinegar and a little chopped parsley.

TO BOIL RICE

Wash and soak 20 minutes in cold water. Drain and put into boiling water which should be an inch above the rice in the pot. Put the lid on. When just tender pour out on a sieve in the sink to drain. Run some cold water through to wash away the starch. Dry in a cool oven. Each grain will be separate.

EGGS AND OMELETTES

An œuf is as good as a feast.

Contribution from H. BELLOC

EGGS AND OMELETTES

AN AMLET OF ASPARAGUS

Having blanched and cut the Asparagus in small pieces fry them in fresh butter with a little parsley and Chibbols (onion) then pour some cream on them and boil them on a gentle fire. Meanwhile make an Amlet with new laid eggs cream and Salt. When it is enough dress it on a dish and having thickened the asparagus with yolk of egg pour it on the Amlet and serve it up hot. 1685

EGGS [1685]

Fry parsley and minced leeks, then pour them into a dish and season them with salt and pepper, put to them hard eggs cut in halves, put mustard to them. Mix the sauce well together and pour it on the eggs.

[*Good with eggs sur le plat. O. H.*]

EGGS PORTUGAL WAY

Fry parsley and leeks minced together in butter, put to them hard eggs cut in rounds, a handful of mushrooms well pickled and washed and slict and fry all together and being almost fried put some vinegar to them. Dish them, sippet them and on the sippets slict lemons. 1685

EGGS IN MOONSHINE

Take the best Oyle and set it over the fire in a silver dish, break in the eggs and before the yolks do become hard take them up and dress them on a clean dish then make a sauce of onions fried in the oil in round slices, with salt and pepper. 1685

EGGS HUGUENOT WAY

Break 20 eggs and beat them together and put to them pure mutton gravy or Beef, beat them well together over a Chafing dish of coals, add juice of Orange and lemon and put in some mushrooms boiled and seasoned. Observe as soon as your eggs are well mixed with the other Ingredients then take them off the fire keeping them covered a while.

Sometimes to make them the more pleasing and toothsome, strow some powdered Ambergris and fine loaf sugar scraped over them. 1700

EGGS IN SAUCE

Make $\frac{1}{2}$ pint good white sauce and stir in a tablespoonful of cream and 2 tablespoonsful grated Parmesan. Break 6 eggs into as many little eggpans and pour sauce on top and poach in the oven.

STUFFED EGGS

Hard boil as many as you need and cut them in half lengthways. Pound the yolks in a mortar and mix them with $\frac{1}{2}$ oz butter, salt, pepper and 1 tablespoon finely minced ham, fill the whites and place together

again. Heat in mushroom sauce, serve with fried sippets.

EGGS EN MATELOTE [J. O. Waller]

Put a good piece of butter in a pan and cook in it 12 small onions whole, brown, add a little white wine and stock in equal quantities, pepper, salt and a bunch of herbs. Simmer 15 minutes, strain, keep the onions. Break as many eggs as you need and poach in the sauce. Serve on a hot dish with the onions and fried sippets.

SURPRISE EGGS

Poach as many eggs as you need and when done slip into a basin of cold water. Allow 2 thin slices of ham to each egg. Put the drained egg on a slice of ham and cover it with another. Place on a long dish and cover with Aspic jelly. When set, cut out with an oval cutter, put on a silver dish, garnish with green salad and serve with bread and butter.

EGGS BUTTERED IN THE POLONIAN WAY

Take twelve eggs and beat them in a Dish, then have bread steeped in Gravy beat them together in a Mortar with some salt and put it to the eggs put in a little lemon peel, put some butter to it and butter them and serve on fine sippets.

Or with cream eggs and salt and lemon peel.

Or grated Cheese in buttered eggs and salt.

Or boil herbs as Spinage sage marjoram and endive and butter the eggs amongst them. 1780

TOMATO EGGS

Shell hardboiled eggs and pass them through a sieve. Mix with mayonnaise and tomato sauce (less of the tomato) to a paste, add a little melted gelatine ($\frac{1}{4}$ oz). Put into small moulds and let it get cold and firm. Turn out on slices of tomato and garnish with lettuce. Serve with mayonnaise if liked.

[*Don't. O. H.*]

**MACARONI, RISOTTO,
AND CHEESE DISHES**

MACARONI, RISOTTO, AND CHEESE DISHES

MACARONI À LA MILANESE

Prenez ; 10 Oignons de grosseur moyenne que vous couperez fin ; et que vous mettrez dans une casserole de la capacité de 5 à 6 litres avec 4 onces de beurre et trois pincées de quatre épices. Faites souffrir les oignons jusqu'à couleur brun-rougâtre, ensuite ajoutez 2 cuillerées de farine, laissez encore bouillir 2 à trois minutes, puis ajoutez ;

1 Cotelette de veau, et 1 cotelette de porc frais privées des os et coupées par morceaux cubiques ayant soin de mettre d'abord le gras des cotelettes haché fin, ensuite la viande maigre coupée comme ci-dessus. Laissez bouillir un quart d'heure, ensuite ajoutez ; 1 litre et $\frac{1}{2}$ de bon bouillon. Faites bouillir à casserole couverte jusqu'à ce que la viande est très cuite.

D'autre côté prenez ; 1 livre de gros macaroni de Naples et faites le cuire dans une suffisante quantité d'eau salée, ayant soin de ne mettre le macaroni que lorsque l'eau bout à gros bouillons. Ensuite égouttez le soigneusement.

Alors versez le macaroni dans le ragout ci dessus et mêlez bien en ajoutant 4 onces de bon parmesan rapé et mêlée à la moitié d'un noix muscade en poudre et dont vous garderez une quantité suffisante

pour courvire d'une légère le macaroni avant de le servir à la table.

Laissez $\frac{1}{2}$ heure le mélange dans la casserole.

Copy of an 18th Century Recipe in my great-great-grandmother's MS. Cookery Book which was stolen from my mother.

POLENTA

1lb Indian Meal, 2 Pints boiling Water, 1 Teaspoonful Salt.

Add the meal gradually. When it leaves the side of the Pot it is done. Turn out on a wetted dish and cut in oblongs about one inch thick.

Can be fried and served with grated cheese or with gravy.

GNOCCHI

Bring $\frac{1}{2}$ a pint of milk to the boil and stir in 2 table-spoonsful of Semolina, 1oz butter, 1 chopped onion and a little pepper. Boil 15 minutes in a double pan stirring constantly. Turn out on a wet dish and when cold make into flat cakes, flour them and fry a golden brown. Serve with a dish of grated Parmesan.

MACARONI AND TOMATO

2oz Butter, 1 large onion fried brown, 2oz macaroni.

Boil the Macaroni for twenty minutes in salted water and strain off. Add $\frac{1}{2}$ lb cooked Tomatoes rubbed through a sieve, the fried onion and butter. Cook gently 10 minutes and serve with grated Parmesan in a separate dish.

VALENCIAN RICE

Put some olive oil in casserole, bring to the boil. Dice some bacon and fry it, chop 2 Shalotts, 1 clove of garlic, 1 red pepper, 1 tomato, and put all in the pot with salt and pepper. Clean, but not wash, $\frac{1}{4}$ lb rice. Pour into the casserole and sauté for a few minutes. Fill the casserole $\frac{3}{4}$ full of Stock. Add 1 chicken well cut up, some boiled mussels, a lobster diced. Cook 30 minutes with the lid off. The rice should be whole when served.

RICE AND GREEN OR RED PEPPERS

$\frac{1}{2}$ lb rice, 3 green or red peppers, $\frac{1}{2}$ lb tomatoes, 1 large onion, 1 piece of garlic, 1 $\frac{1}{2}$ oz lard (any cold fish or meat may be added at the end).

Chop the green peppers and the onion, fry them in the lard, add the tomatoes cut up. When they are fried add the rice stirring briskly, add salt and enough hot water to boil the rice in. Simmer till cooked but not messy, then fry up again.

RIZ À LA MENAGÈRE [J. Fothergill]

Clean and blanch 6oz of best rice in boiling water for 5 minutes. Cool and drain on a sieve. Dip $\frac{1}{4}$ lb of streaky bacon into scalding water for 2 minutes. Cut it into dice and fry till yellowish, add the rice and 1 $\frac{1}{2}$ pints broth or Stock with a saltspoonful of pepper. Simmer 20 minutes, stirring occasionally to prevent burning. Take it off the fire, add some tomato purée, mix well and dish up. Garnish with Sausage and fried bacon.

WELSH RABBIT [Old Sarah]

Put the cheese in a small teacup of milk and warm it till it melts. Beat up 1 egg and add it to the milk, boil while stirring. Add a little beer.

DEVILLED CHEESE

2oz cheese, 1 teaspoonful of mixed Pickle, 1 teaspoonful curry powder.

Grate the cheese and chop the pickle, mix them with the curry powder. Butter some toast and spread the mixture on each side of it. Bake 4 minutes on a buttered tin.

CHEESE FONDU WITH ONE EGG [J. O. Waller]

3oz breadcrumbs, 1 egg, 3oz grated cheese, 1oz butter, $\frac{1}{2}$ pint milk, salt and pepper.

Heat the milk and pour it over the mixed breadcrumbs, cheese and seasoning. Beat the yolk of the egg and stir by degrees into the mixture. Beat the white very stiff with a Knife and stir in lightly. Put into a soufflé dish, sprinkle the top with grated cheese, and bake.

CHEESE FEATHERS [J. O. Waller]

$\frac{1}{4}$ pint cold water, $\frac{1}{2}$ oz butter, 2oz flour, 1 $\frac{1}{2}$ oz grated Cheese, 1 whole egg and half a yolk, pepper.

Boil the water and butter together, add flour stirring all the time, remove from fire and add egg and cheese. Drop with a teaspoon, one by one, into boiling fat till pale brown. Serve with grated cheese.

PARMESAN CREAMS [J. O. Waller]

Whip $\frac{1}{2}$ a pint of cream, add to it 3oz grated Parmesan cheese, a little cayenne pepper, salt and just under $\frac{1}{2}$ oz Gelatine. Put into little moulds and turn out when set.

LITTLE CREAM CHEESES

1 quart milk, 2 Teasp. Rennet. Put in a warm place overnight, when it will set like junket. Pour it into a piece of butter muslin and leave it to drip till it is nearly solid. Put it in a basin, add 1 teacup of fresh cream, mix well. Put into a mould in a cool place. Turn out. Eat as in France, with castor sugar.

ASPARAGUS SANDWICHES

1 teacupful cooked Asparagus (soft part), $\frac{1}{2}$ gill aspic jelly, $\frac{1}{2}$ gill cream.

Rub asparagus through a sieve, add the just melted jelly, season and whip up all with the cream. Use when set. Pimentoes can be used in the same way.

VARIOUS SANDWICH FILLINGS

MUSHROOM. Fry the mushrooms. Chop finely, mix with warm butter, pepper and salt and chopped parsley.

LEEK. Chop the leeks and fry light brown. Mix with melted butter, seasoning, and chopped parsley.

SOFT ROE. Mash roes (cooked) up with salt, pepper, chopped parsley and melted butter.

SHRIMP. Chopped in melted butter with 1 blade mace and pepper.

PARMESAN CHEESE. Grated, mix with $\frac{1}{2}$ gill aspic 1 $\frac{1}{2}$ gill cream, pepper.

SAUCES

*Wo was his Cook, but if his sauce were
Poynaunt and sharp, and redy all his gere.*

CHAUCER

For pouring:

$\frac{1}{2}$ oz Butter, $\frac{1}{2}$ oz flour, $\frac{1}{2}$ pint milk or Stock

For coating:

1oz Butter, 1oz flour, $\frac{1}{2}$ pint milk or Stock

For binding:

2oz Butter, 2oz flour, $\frac{1}{2}$ pint milk or Stock

SAUCES

CHERRACK SAUCE [1770]

Take 1 pint of Vinegar, 2 large spoonsful of Walnut Pickle, one of India Soy, four cloves of Garlic cut in half and 1oz Cayenne Pepper. Put all in a quart bottle with Cochineal to colour it. Cork it down and set by for Use. A teaspoonful in melted butter is excellent sauce for fish. It likewise gives a fine flavour to Beefsteak.

SHALOTT SAUCE FOR ROAST FOWLS

Chop 6 or 7 Shalotts and put them in a saucepan with two or three spoonsful of water and let them boil up. Add 2 spoonsful of Vinegar and 2 of white wine, a little salt and pepper and let it boil up once more.

NORMANDE SAUCE

Melt 1½oz butter in a stewpan, add 1oz of flour and stir till cooked. Add one pint white stock and the liquor of the sole. Boil 10 minutes, skim well, take off the fire, add the well beaten yolks of 2 eggs, and stir in 1oz of butter and a few drops of lemon juice. Pass through a fine strainer and use. The oysters should be cooked in this before the eggs are added.

For Sole Normande, see p. 45.

MARGARETTE SAUCE

Put the liquor and beards from the oysters into a stewpan with $\frac{1}{2}$ a pint of water, salt, the bones of the Herrings, 2 chopped Shalotts and a bunch of herbs and $1\frac{1}{2}$ gills of white wine. Boil 20 minutes then add $\frac{1}{2}$ a pint of it to the pulp of 2 large ripe tomatoes, mix with 1oz of glaze, $\frac{1}{2}$ oz arrowroot and the juice of a lemon till smooth. Stir altogether till it boils, tammy and use.

For Herrings Margarete, p. 42, leave out Tomatoes and add 1 clove garlic.

[*Tammy: from the French tamis, fine cloth used for straining.*]

SAUCE FOR FISH SOUFFLÉ [Oriana Haynes]

Make $\frac{1}{2}$ pint of white sauce from fish Stock, add 2 yolks of hardboiled eggs, 1 dessertspoonful Tarragon Vinegar, 1 dessertspoonful brown vinegar, salt and pepper to taste.

REMOULADE SAUCE, COLD [1685]

Parsley, Cives, anchovies, capers shed small with salt, pepper, oil and vinegar or Lemon juice all mixed together.

REMOULADE SAUCE [Modern]

Parsley, spring onions, mushrooms, garlic chopped. Put in a saucepan with butter, add a little flour, 1 pint good stock and a spoonful of oil. Boil up, add salt and a grate of nutmeg. Just before serving work in a little French mustard.

SAUCE HOLLANDAISE

Cut up in a bowl $\frac{1}{4}$ lb fresh butter, add 3 yolks of eggs, some salt and a few drops of lemon juice. Place the bowl over the fire in a saucepan of boiling water and stir till it thickens. N.B. If it boils it is ruined.

SAUCE PIQUANTE

Boil in $\frac{3}{4}$ pint of vinegar a quantity of the following herbs chopped fine: chervil, parsley, Tarragon, (plenty of this), 2 cloves, 1 Shallot, Chives, salt and peppercorns, 2 bay leaves and 1 sprig of Thyme. Boil up, let cook gently and reduce. Then add 1 pint of stock and cook gently again. Remove the bay leaves, clove, Thyme and peppercorns. Serve hot.

MADEIRA SAUCE

Melt some butter and stir in a spoonful of flour, salt and pepper to taste. When smooth and quite hot pour in a wineglassful of Madeira and the same quantity of stock. Let it cook thoroughly.

SAUCE FOR GREEN GEESE

Take the juyce of Sorrel mixed with scalded gooseberries served on sippets and sugar with beaten Butter.

[*Good with Duck or Pork. O. H.*]

SHARP SAUCE FOR DUCK OR HARE [1770]

3 rashers of Bacon, 1 slice of ham, 3 shallots. Chop finely and melt altogether with parsley Thyme and bayleaf.

When the bacon is cooked put in 1 tablespoonful of wine vinegar, reduce to half, then a wineglassful of claret, reduce to next to nothing, add a cup of meat juice or consommé, a little purée of tomatoes and a piece of butter with a little potato flour or arrowroots worked into it. Add the liver of the animal chopped finely and if you can get it, its blood. Cook 2 minutes more, season and serve.

HOT SAUCE FOR CALF'S HEAD

1 tablesp. garlic vinegar, 1 teasp. Black pepper, mustard and brown sugar. Mix in $\frac{1}{2}$ pint hot oiled butter.

SHARP SAUCE [1770]

1 Teasp. capers, 1 Tablesp. minced Parsley, Yolks of 3 hard boiled eggs, 1 tablesp. made mustard, 6 anchovies, 2 tablesp. oil, 1 Tablesp. vinegar, 1 tablesp. Shalott vinegar, a very little cayenne pepper, $\frac{1}{2}$ pint gravy.

Pound capers, parsley and yolks together; Bone and pound the anchovies, then pound all in a mortar with the oil and vinegar. When quite smooth add the gravy then put through a sieve.

MUSTARD SAUCE FOR HERRINGS

Mix a little mustard with Taragon vinegar, about a dessertspoonful when made, 2 or 3 chopped chives, add 1 teasp. malt vinegar. Mix with $\frac{1}{2}$ pint of white sauce.

PROVENCE BUTTER [Waller, Burford]

Pound in a *marble* mortar 2 large cloves of garlic. Add 3 yolks of eggs, salt to taste. Add gradually

and stirring all the time enough salad oil to make the sauce of the consistency of mustard.

GARLIC SAUCE

[E. S. P. H.'s Dragoman, Greece 1913]

Mash half a pound of cooked potatoes in half a pint of oil. Pound in a mortar 3 heads of Garlic. Mix.

[This makes even fresh Haddock agreeable. O. H.]

CHOCOLATE SAUCE

Put 2oz Chocolate in a double saucepan with 2oz sugar and a teacupful of milk. Stir till quite smooth.

BRANDY BUTTER [Waller 1821]

3oz butter, 1 teaspoonful castor sugar, not quite a wineglass of Sherry, $\frac{1}{2}$ wineglass Brandy. Beat adding wine drop by drop.

SWEET DISHES

A true artist should put a generous deceit upon the Spectator and effect the noblest Designs by easy methods.

BURKE

Our great-great-great grandfathers had a passion for almonds, they crop up in the most surprising dishes.

Colourings were made as follows : Yellow from Saffron. Green from Spinach. Blue from Squashed Bluebottles ! A Leach was a thick cream.

Blancmange was always made with chicken broth.

SWEET DISHES

APPLE AMBER [Henrietta Anne Huxley]

4oz breadcrumbs, 3oz brown sugar, 3oz butter, 1lb apples (when peeled), 1 lemon, 2 eggs.

Boil apples to a pulp with rind and juice of lemon. Beat the butter to a cream. Add the sugar and eggs. The eggs not to be cooked but added last.

APPLE CARAMEL

4 large apples, $\frac{1}{4}$ lb loaf sugar, 2oz butter, $\frac{1}{2}$ cup cold water.

Make a caramel of the sugar, water and butter, boiling and stirring carefully till a dark brown cream. Flavour it by putting in the pips and peel of the Apples. Pass through a sieve and put in a pan with the apples quartered. Simmer 1 hour, when the apples should be golden brown floating in a syrup that is almost a jelly.

APPLE TAPIOCA.

2 tablesp. Tapioca, 6 apples, 4 cloves, peel of $\frac{1}{2}$ a lemon, juice of one, 1oz sugar.

Soak Tapioca 12 hours in $\frac{1}{2}$ pint cold water. Core and quarter the apples. Put the lemon and sugar and tapioca in a pan, stir till it boils for 10 min. or till clear. Put the apples in a pan, cover with the Tapioca and stew gently 15 min.

[Generally known to us as Glue. O. H.]

A PUPTON OF APPLES

Marmelade the apples with Sugar and Cinnamon, then add the yolks of four eggs, a handful of grated Bread and a piece of butter. So form as you please. Or you may put in stewed Pears or Cherries. So bake it an hour and turn it upside down on a plate for the second Course.

BROWN BREAD CREAM

2 eggs, $\frac{1}{2}$ pint milk, 1oz gelatine, 1 $\frac{1}{2}$ oz fresh brown bread crumbs, $\frac{1}{2}$ pint cream, Vanilla essence.

Make a custard with the egg yolks and milk, sweeten to taste. Melt the gelatine in a little water and add to the custard. Let cool and flavour with vanilla, add the breadcrumbs. Mix in the cream and whipped whites of eggs. Let set. 4-5 persons.

POTATO PUDDING

Boil two pounds of white potatoes, peel them and pound them in a Mortar. Melt $\frac{1}{2}$ lb of butter and pour it in by degrees. Beat up the Yolks of 8 eggs and three whites, stir them in. Add one pound of Castor Sugar, one gill of Mountain, a little grated Nutmeg and half a pint of cream. Stir it well together. Put some puff paste round the edge of a dish and pour in the pudding. Cut some thin slices of candied Orange peel and strew them over the top. Bake it a light brown.

CASTLE CREAM [Willes]

Melt $\frac{1}{2}$ oz isinglass in $1\frac{1}{2}$ pints of milk. Bring to the boil, sweeten and flavour with Raspberry essence. Strain and add gradually 3 well beaten yolks of eggs. Cook carefully without curdling and stir till almost set. Pour into a wet mould decorated with half peaches.

CARAMEL PUDDING

Burn 2oz loaf sugar dark brown in a saucepan, line a tin mould with it. Put the rind of a lemon in a saucepan with a few lumps of sugar and some water to make the syrup. Take $\frac{1}{4}$ lb sifted sugar, 5 eggs and $1\frac{1}{2}$ pints of milk; beat as for custard. Pour into the lined tin and bake $1\frac{1}{2}$ hours. Turn out and pour caramel Syrup round it.

CARAMEL ORANGE

Put in a dish thick slices of orange – no pips or pulp. Make a syrup with the escaped juice and the juice of 1 lemon (rub sugar on the orange peel first), $\frac{1}{4}$ loaf sugar, $\frac{1}{2}$ tumbler of water. Melt in an enamel pan and boil till dark brown. Pour out on a plate and when cold break coarsely and strew over the orange. Cover with whipped cream.

COFFEE SWEET [Mrs. Edward Clodd]

One 9d. sponge cake, $\frac{1}{4}$ lb butter, 3oz sugar, $\frac{1}{4}$ pint black coffee

Beat the butter to a cream, add the sugar and coffee well mixed. Cut the cake in half and

pour the mixture over it and allow it to soak. Put a plate over it and press down well. Turn out and cover with whipped cream and almond.

[I make a sponge in a flat round tin 9 inches in diameter. O. H.]

TO MAKE CHEESE FOR CHEESE CAKES

[Anne Elizabeth Waller, 1845]

To a gallon of milk put half a pint of cream and enough rennet to turn it. When turned drain it quite dry. Put it through a hair sieve and add enough yolks of eggs to make it yellow. Grate in two nutmegs and some lemon peel and some of the juice, and a glass of Brandy.

CRÈME BRULÉE

Boil 1 pint of cream for 1 minute and pour it on the yolks of 4 well beaten eggs. Heat again to thicken – don't boil – and pour into a fireproof dish and let it get cold. Strew over a thick coat of castor sugar and brown it with a Salamander. Serve very cold.

[Salamander: a round iron plate heated and placed over a dish to brown it. In the absence of a salamander, strew over a thin coat of castor sugar; brown the rest in a saucepan and pour over gently.]

CHESTNUT SOUFFLÉ

$\frac{1}{2}$ lb Chestnuts, $\frac{3}{4}$ pint milk, 2oz sugar, 1 teaspoonful Vanilla, 3 eggs.

Cut a line round the Chestnuts and bake for $\frac{1}{2}$ an

hour. Peel and cook in the milk till reduced to a paste. Add the sugar and allow to cool. Beat the yolks of eggs with the vanilla. Then add to them the stiffly beaten whites. Bake in a moderate oven $\frac{1}{2}$ an hour. Serve with a caramel sauce, made with butter, sugar and milk, almost a toffee. 6 persons.

A BETTER CHESTNUT SOUFFLÉ
[Oriana Haynes]

50 Sound Italian Chestnuts. Boil, then take off all skins and boil in milk for 1 hour in a double saucepan. Strain till dry. Pass through a fine sieve. Melt 2oz butter in a casserole, add 1 tablesp. potato flour. Stir well. Then put in the Chestnuts and $\frac{1}{2}$ tumbler of Cream. Cook on a gentle fire 20 minutes. Then add 5oz castor sugar stir well, then 1 whole egg, then the stiff whites of 4 eggs. Put in a well buttered Soufflé dish and bake in a brisk oven 10 minutes. Enough for 6 persons.

Serve with Chocolate Sauce.

CHESTNUT MOUSSE

$\frac{1}{2}$ lb Chestnuts, $\frac{3}{4}$ pint milk, $\frac{1}{2}$ oz gelatine, 1oz sugar, $\frac{1}{2}$ gill warm water, 1 teasp. vanilla, $\frac{1}{4}$ pint cream, 1 white of egg.

Roast and peel the Chestnuts and cook in milk 1 hour till tender. Rub them through a sieve. Dissolve the gelatine in the warm water, add it with the sugar and vanilla to the Chestnuts. Allow to cool. Whip the cream slightly and the egg white stiff. Add to the Chestnuts. Put in a wet mould to set. Serve with Chocolate Sauce.

CHESTNUT CARAMEL

Skin the chestnuts (to toast in the oven is the best way). Stew them in syrup. When brown drain them, then put them in a dish. When cool pour over each thick caramel flavoured with maraschino, to coat it.

COLD CARAMEL SOUFFLÉ

$\frac{3}{4}$ pint milk, 2 eggs, 1 teasp. flour, 1 oz gelatine, $\frac{1}{4}$ lb of sugar, water, whipped cream.

Boil the sugar with $\frac{1}{2}$ pint of water till dark brown. Add 2 tabbsp. cold water. Line a soufflé dish with some and set the rest aside. Make a custard with the egg yolks, milk and flour. Let cool, add the melted gelatine. Beat the whites stiff and fold in. Pour into the soufflé dish and leave to set. Pour the rest of the caramel over the soufflé and cover with whipped cream. Decorate with violets. 6 persons.

BANANAS WITH RUM [Oriana Haynes]

Peel 4 bananas and bake them 10 minutes with a few spoonsful of water and the juice of a lemon and half the rind grated and some Barbadoes sugar; then add a glass of Rum. Pass through a sieve. Melt a little gelatine (1oz) in water, mix with a gill of cream and whisk bananas and cream together to a fluff till practically set.

COLD CHESTNUT SHAPE

Cook 1lb Chestnuts, peel and remove all skin. Put them in a pan with a little water and $\frac{1}{4}$ lb sugar, when melted add $\frac{1}{2}$ pint milk. When cooked pass through

a sieve, add 3 tablespoonsful of cream. Put this purée into a well buttered ring mould. Leave to cool 15–20 minutes. Dip in hot water to turn out. Then mask in Chocolate sauce (Melted Chocolate, yolk of egg, sugar if necessary). Put whipped cream flavoured with Vanilla in the middle of the ring. 6 persons.

MARRONS GLACÉS

4lbs large Chestnuts, 3lb loaf sugar, $1\frac{1}{2}$ pints Cold water, white of one egg. Vanilla.

Remove the outer skins and drop in boiling water for a few minutes to loosen the inner skins, peel them off while warm. Place Chestnuts in a flat pan of boiling water, simmer till tender. Remove and place on a sieve to drain.

Melt 3lbs loaf sugar in 1 pint water (not to boil). Stir in the well beaten white of an egg and bring to the boil. Break the boil 4 times by adding equal amounts of the remaining half pint of cold water each time. Before the last boil add the vanilla pod. Strain through flannel. Place the Chestnuts in the syrup and simmer a few minutes. Then let stand 24 hours in the syrup. Pour off syrup and boil till it thickens. Dip Chestnuts one by one in the syrup and place them in paper cases.

CHOCOLATE AND CHESTNUT PUDDING

1lb Spanish Chestnuts, 2oz castor sugar, 2oz chocolate, 1 yolk of egg, 1 vanilla pod, $\frac{1}{2}$ pint milk, 1 gill whipped Cream.

Slit the chestnuts and boil till nearly tender.

Drain and shell them, remove the inner peel and cook till quite done in the milk containing the vanilla pod. Then rub through a wire sieve. Cream the sugar and egg yolks together, melt and add the Chocolate. Put this with the Chestnuts and mix well over the fire. Stir till cool and place on ice. To serve pass through a coarse Sieve on to the dish. Cover with whipped cream and decorate with crystallised violets.

HUNGARIAN CHOCOLATE

2 egg whites [*1 dessertsp. castor sugar*] 2 bars chocolate, 4 tablesp. very strong coffee.

Whip the whites very stiff [*add gradually the sugar*]. Melt the chocolate in the coffee and add gradually. Put in glasses. Sprinkle a very little finely ground coffee on top. Chill and serve. Enough for 3 glasses.

CHOCOLATE MOUSSE

1½ bars of Chocolate, castor sugar, 3 whites of eggs.

Melt the chocolate in a double pan. Let it cool. Whip the eggwhites stiff. When they begin to stiffen add very slowly 3 teasp. castor sugar. Mix with the melted Chocolate. Put in glasses, chill and serve at once. 5 persons.

CHOCOLATE MARREÉ [J. Fothergill]

½lb best Vanilla chocolate. Let it steam 30 minutes over a pan of boiling water and then gradually work into it the yolks of 4 eggs. Whisk the whites stiff and stir in. Put in a shallow glass dish and stand 12 hours. Serve with Cream poured over and with wafers.

CHOCOLATE PUFFS

1oz Chocolate, $\frac{1}{2}$ lb sugar, 1 white of egg, in the same way as Lemon Puffs.

CHOCOLATE CREAM

Take a quart of Milk, $\frac{1}{4}$ lb of sugar and boil them together for $\frac{1}{4}$ hour. Then beat up the Yolk of an egg put it to the cream and give it 3 or 4 boils. Take it off the fire and put the Chocolate to it then boil it again a minute. Strain it through a sieve and serve it in China dishes. To mix a little cream with the milk makes it more delicate.

Late 17th century.

TO CANDY FLOWERS

Violets, Cowslips, Clove gillyflowers, Roses, Primroses, Borage or Buglos.

Weight for weight in sugar candy beaten fine and put in a silver dish with Rosewater. Set them over a Charcoal fire and stir them with a silver spoon till they be candied.

17th century.

TO MAKE CREAM TARTS

Thicken Cream with muskified Bisket Bread and serve it in a Dish. Stick wafers round about it and Slices of preserved Citron and in the middle a preserved Orange with Biskits, the Garnish of the Dish being of Puff Paste.

17th century.

DATE SHAPE [Oriana Haynes]

2lbs Dates. Remove the stones, simmer gently with the grated rind and juice of a lemon. Rub through a sieve. Soak 6 leaves of gelatine in 1 gill water, heat till melted, do not boil; then add to the dates. Beat up with a whisk till nearly set, then put in a ring mould. Turn out and fill ring with whipped cream and decorate with chopped Almonds. 6 persons.

EGG JELLY [Waller]

1 egg, $\frac{1}{2}$ oz gelatine, 3oz loaf sugar, 1 lemon.

Rub the sugar on the rind of the lemon. Put it in a basin and squeeze the juice over it. Add enough water to make half a pint. Put it in a saucepan with the gelatine and the egg well beaten. Whisk the mixture till it is nearly boiling and until the gelatine is quite melted, but do not let it boil. Strain through a cloth.

GOOSEBERRY FOOL [Barnwood or Burford]

Scald 2 quarts of gooseberries, put through a sieve and while still hot add the yolks of 4 well beaten eggs. Sweeten and mix with $\frac{1}{2}$ milk $\frac{1}{2}$ cream to the thickness you wish.

A NORFOLK FOOL

Take a quart of good sweet cream set it boiling in a clean scoured skillet with some Mace. Let it boil a walm or two. Then take the yolks of 5 eggs dissolved and put to it, being taken from the fire. Take out the mace. The Cream being pretty thick

Slice a fine manchet into thin slices, so much as will cover the bottom of the dish, pour cream on it, then more bread and do so till the dish be full. Then trim the dish side with fine carved sippets. Stick it with slict dates, scrape on sugar and cast on red and white biscuits. 8 persons. 17th century.

TO MAKE FURMETY [Waller, 1821]

Take wheat and wet it, then beat it in a sack with a Wash Beetle. Being finely hulled and cleansed, boil it overnight and let it soak on a soft fire all night. Then next morning take as much as will serve the turn, put it in a Pipkin, Pan, or Skillet, and put it a boiling in cream or milk, mace, salt, cinnamon, saffron or yolks of eggs. Boil it thick and serve it in a clean scoured dish, scrape on Sugar and trim the Dish.

FRENCH TOASTS

Cut French Bread and toast it in pretty thick Toasts on a clean Gridiron and serve them steeped in Claret with Sugar and Juyce of Orange.

FLOATING ISLANDS

[Henri à la Croix de St. François]

1 pint milk, 2 eggs, 4 tablesp. sugar, 1 teasp. flour, $\frac{1}{4}$ teasp. Vanilla, Rum, 1 gill cream.

Heat the milk without boiling. Beat the yolks of eggs (3 tablesp. sugar), mix the flour and the rest of the sugar and add to the yolks. Beat hard together. Add the hot milk slowly and return to fire

in a double boiler. Cook 10 minutes. Add the vanilla and cream. Pour into a glass dish to cool. Beat the whites stiffly, add 1 tablesp. sugar and 8 drops rum. Drop on top of the custard. 6 persons.

FLUMMERY [Kenelm Digby]

Take a half bushel of good bran of the best wheat, and in a wooden bowl or pail, let it soak in cold water 3 or 4 days. Then strain out the milky water, and boil it up to a jelly, which you may season with sugar and rose or orange flower-water. Let it stand till it be cold. Eat it with white or Rhenish wine or cream or milk or ale. [*It may be made of oatmeal. O. H.*]

GOLDEN SHAPE [Henrietta Anne Huxley]

4oz sago, 1 large lemon, 3 tablespoonsful of Golden Syrup.

Boil the sago with the grated rind of lemon until it is clear, then add the syrup. Boil again for five minutes, then stir in the juice of the lemon and pour into a wetted mould. [*A tablespoonful of rum improves it, or ginger in nice lumps. O. H.*]

KICKSHAWS

Take ten eggs and beat them on a dish with a penny Manchet grated, a pint of Cream, some beaten cloves, boiled currans, some Rosewater salt and sugar, beat them and fry them all together either in a whole form like a Tansy or by spoonsful in little cakes. Being finely fried serve them on a Plate with juyce of orange and scraping sugar. 1680

TO MAKE A HASTY PUDDING IN A BAG

Boil a pint of thick Cream with a spoonful of Flour, season it with Nutmeg, sugar and salt. Wet the cloth and flour it, then pour in the cream, being hot, into the Cloth, and when it is boiled butter it as a Hasty Pudding. If it be well made it will be as good as a Custard.

ITALIAN CREAM [Willes, Burford 1780]

Dissolve in $\frac{1}{2}$ pint of water $\frac{3}{4}$ oz gelatine with the peel of a lemon cut very thin. Strain through a sieve. Have ready 10 oz white sugar, the juice of a large lemon and 2 glasses of Sherry. Stir these till the sugar is melted, then add $1\frac{1}{2}$ pints of cream. When the gelatine is just new milk warm add it to the Cream. Stir well and when fairly thick put it into a mould. It should be stirred at intervals till it thickens.

JAUNEMANGE [Willes, Burford 1780]

Boil $\frac{3}{4}$ oz isinglass in $\frac{1}{2}$ pint water. Add juice and rind of a lemon, half a pint of Mountain or cowslip wine and a little sugar and brandy to your taste. Boil all together and let it stand till nearly cold, then add the yolks of 4 eggs. Put it on the fire again till it almost boils, then strain it through a lawn sieve and keep stirring till it is nearly cold. Pour into the mould.

LEMON PUDDING [J. O. Waller]

$\frac{1}{2}$ lb butter $\frac{1}{2}$ lb loaf sugar. Put in a saucepan with 3 tablespoonsful milk. Let stand on the fire till the

sugar is melted, when cool add 6 eggs well beaten, the juice of 2 small lemons and the grated peel. Line a pie dish with short crust, put in the mixture and bake. Add some breadcrumbs to the egg and lemon mixture.

TO MAKE LEACH A MOST EXCELLENT WAY IN THE FRENCH FASHION

Take a Quart of Sweet Cream, twelve spoonsful of Rosewater, four grains of Musk dissolved in Rosewater and four or five Blades of Mace boiled with half a Pound of Isinglass, being steeped and washed clean, and put to it half a pound of Sugar. And being boiled to a Jelly run it through your jellybag into a Dish and being cold slice it into Chequer work and serve it on a Plate or in Glasses and sometimes without Sugar.

LEMON RICE [Anne Elizabeth Waller]

$\frac{1}{4}$ lb rice stewed gently in a pint of milk till tender. When it is cold add 2oz butter, the juice and rind of a lemon grated, 3oz of loaf sugar and four eggs. Boil in a mould for one hour and serve with wine sauce.

LEMON PUFFS

Grate very fine the rind of two lemons and form them in a mortar with 1lb of castor sugar. Beat up the whites of three eggs and mix them with the lemon and sugar. Beat well together. Dust a little sugar over some paper, drop on the puffs and bake in a cool oven. [*Late 17th century and what we foolishly call meringues. O. H.*]

MINCE MEAT [Camplin 1780]

16lbs fruit, 7lbs apples, 28lbs flour, 8lbs Suet,
2 bottles of Brandy 1 bottle of Sherry and Spice
ad libitum !

[Good for a Parson's family !]

MINCE MEAT [Willes, Burford 1790]

1lb apples chopped fine, 1lb suet, 1lb lean beef boiled
and chopped fine, 1lb stoned raisins (chopped),
1lb currants. Juice of 2 lemons with the peel
grated, 2oz each orange and lemon peel, 1lb moist
sugar, a few cloves, a little powdered Cinnamon,
 $\frac{1}{2}$ pint of Brandy and 2 glasses Port wine.

NORWEGIAN SPONGE [Anne Elizabeth Waller]

5 eggs, $\frac{1}{4}$ lb castor sugar, 2 lemons, $\frac{1}{2}$ oz leaves gela-
tine, $\frac{1}{2}$ pint boiling water.

Dissolve the gelatine in the boiling water and
stand aside to cool. Break the yolks of egg into
a basin with the sugar and beat well. Grate the
rind of one lemon and the juice of two and mix
with the yolks. Beat the whites up stiff. After
putting in the lemons add the gelatine which should
be nearly set. Last, stir in the whites and put in a
wet mould.

VERY FINE ORANGE JELLY [Willes, Burford]

Grate the rind of two sweet and 2 Seville Oranges
and 2 lemons. Take the juice of 6 Seville and 2
sweet oranges and 3 lemons and mix with the
gratings. Put 1lb lump sugar with $\frac{3}{4}$ pint spring

water and boil it well, put it in a bason and when cold put the juice to it. Boil $\frac{3}{4}$ oz isinglass in $\frac{3}{4}$ pint of Spring water, stir till nearly cold, mix all well together and strain into mould.

SPANISH ORANGE PUDDING

[Henrietta Anne Huxley]

4oz Carolina Rice, Juice of a lemon, 2oz butter, 3oz castor sugar, 2 eggs, 1 gill cream, sections of 2 Oranges free from skin and Pips.

Wash the rice and cook in fast boiling water with the lemon juice. Drain it in a cullender, then pound it in a mortar till smooth, then put it in a stewpan with 2oz butter. Stir over the fire and add the sugar and the finely grated rind of an orange. Next mix with a wooden spoon the yolks of 2 eggs in $\frac{1}{2}$ gill of cream and stir in next the sections of orange without skin or pips. Lastly stir in the stiffly whipped whites. Put the mixture in a buttered soufflé dish and stand in a pan of hot water; bake in a moderate oven 45 minutes. Serve with Orange Sauce.

ORANGE TART

Take two lemons and 4 China Oranges. Boil in a gallon of water till there is only a pint left in the Saucepan. Then add 1lb of sugar. Boil up then take out the fruit slice them. Put them in a Dish lined with Puff Paste. Have ready 8 Pippins pared, cored, and quartered; boil them in the syrup. Lay them over the oranges and lemons and pour in enough Syrup to cover them. Put on the cover and

bake in a slow oven for half an hour. [*Late 17th century and excellent. O. H.*]

PLUM PUDDING [Burford 1817]

1lb Suet, 1lb moist Sugar, 1lb Breadcrumbs, 1lb Raisins, 2lb Sultanas, 8 eggs, 1lb mixed Candied peel, 1 teaspoon salt, $\frac{1}{4}$ pint Brandy, 1 teaspoon mixed Spice.

Chop finely the Suet, stone raisins, stalk Sultanas, chop peel, sift crumbs. Mix all in the following order; breadcrumbs, salt, spice, suet, sugar, raisins, peel, Sultanas. Beat the eggs for ten minutes and strain them. Add the brandy to the eggs and pour over the rest. Stir till thoroughly mixed. Butter the basins and fill. Scald and flour clean cloths. Tie down and boil 11 hours. Put away. Boil another 2 hours when the puddings are wanted.

BARNWOOD PLUM PUDDING [A. E. Waller]

1lb suet, 1lb moist sugar, 1lb breadcrumbs, 1lb raisins 2lbs sultanas, 8 eggs, 1lb mixed peel, 1 teaspoonful salt, $\frac{1}{4}$ pint Brandy, 1 teasp. mixed Spice.

Chop suet and peel finely. Stone and clean raisins and sultanas. Sift breadcrumbs. Mix in the following order Breadcrumbs, salt, spice, suet, sugar, raisins, peel, sultanas. Beat eggs for 10 minutes and strain. Add the brandy to them and pour over the rest. Stir 25 minutes. Butter the basins and fill them. Boil 11 hours, and two more when the pudding is wanted.

RUM CREAM [Oriana Haynes]

1 $\frac{3}{4}$ pints Milk, 2 tablespoons ginger syrup, 1 gill cream, 2 claret glasses Rum, Gelatine 1oz, (18 small leaves), juice and rind of 1 lemon.

Mix all thoroughly. Put into a saucepan and stir with lemon peel over the fire for 5 minutes. Pour into a bowl, take out peel, add lemon juice and cream and whisk till nearly set. Put into Jelly glasses with a lump of ginger on top. 8 persons.

PUDDINGS [Camplin 1780]

27lbs Sultanas, 7lbs currants, 44lbs of suet, 2lbs treacle, 1 bushell flour, half a gallon of ale. Spice etc.

PRINCESS SOUFFLÉ

1 gill cream, $\frac{3}{4}$ oz gelatine, 1 gill Orange juice, Yolks of 3 eggs, whites of 4, 2oz loaf sugar, a little lemon juice, a few drops of Cochineal, 2 pints milk.

Put the cream and gelatine in a stewpan and stir till melted; don't on any account let it boil. Beat the yolks well and add to the milk. When well mixed put in a stewpan and stir till it thickens, don't boil. Rub the loaf sugar over the rind of an orange till all the oil is absorbed, then put it in the stewpan. When mixed put it in a basin, add the orange juice, lemon juice and cochineal, stir in the stiff whites of eggs and stir till nearly cold before putting into a mould.

PERSIAN PUDDING [Henrietta Anne Huxley]

$\frac{1}{2}$ lb cold mashed Potatoes, 2oz sugar, 2oz butter, 2 eggs, $\frac{1}{2}$ pint milk, rind and juice of a lemon.

Melt the butter and beat all together till light. Then pour into a pattern mould and bake one hour on a tin gently. Turn out. It should be light brown.

PLUM PORRIDGE

Chuse a fine leg and shin of Beef. Crack the Bone in several places and put it in 5 gallons of water. Let it boil till the meat is ready to fall from the Bones and the Broth is very strong. Then strain it. Wipe the pot very clean and pour in the broth with the crumb of 6 French Rolls cut in pieces and soaked for a $\frac{1}{4}$ hour in some of the fat from the Broth over a stove. Then add 5lbs of currants picked and washed clean, the same of Raisins and $\frac{1}{2}$ lbs of Pruens. Let them boil till they are plumped up and quite tender. Then put in $1\frac{1}{2}$ ounces of mace, 2 drachms of Cloves and $\frac{1}{2}$ oz of Nutmegs all bruised together in a Mortar. When the Spices have boiled up two or three times, take the Pot off and put in a small quantity of salt, 2lbs of lump Sugar, the juice of two lemons and a full pint of Madeira. Stir it well together and if there be more of it than you have occasion to table, pour it into a clean earthen pan and it will keep a considerable time. 17th century.

QUINCE CREAM

Put the Quinces in when the water boils, and being tender take them up and pare them, strain them and

mingle them with fine sugar. Then take some sweet cream and mix all together of a fit thickness. or boil the cream and let it stand before you put it to the Quinces. This you may do with Wardens or pears. 17th century.

[*Warden: an old sort of cooking pear*].

RASPBERRY CREAM [Burford]

Mix cream and raspberries together and rub it through a sieve. Then add 1 glass of Sherry and sugar, and beat it with a whisk. Take off the froth still as it is made and put it into glasses. Can be made in the winter with any kind of preserve.

SWISS CREAM [Burford 1821]

$\frac{1}{4}$ lb maccaroons, 5 oz loaf sugar, 1 pint cream, 2 tablesp. arrowroot, rind of one lemon and juice of two. 3 tablesp. milk.

Put the cream in a lined saucepan with the lemon rind and let it stand at the side of the fire till well flavoured. Mix the arrowroot smoothly with the cold milk, add it to the cream and let boil gently for 3 minutes stirring well. Take it off the fire, stir till nearly cold, then add the lemon juice. Garnish with Angelica and the Maccaroons. 6 persons.

SAGO JELLY

Put 2 quarts of cranberries or any fruit to stew. Squeeze through a muslin bag. To 2 quarts of juice put $\frac{1}{2}$ lb sugar (except Cranberries which need 1lb). Boil, skimming all the time. While boiling add $\frac{1}{4}$ lb of Sago. Pour into a mould to set.

STRAWBERRY MOUSSE

Rub 2lbs of Strawberries through a sieve, dissolve $\frac{3}{4}$ oz gelatine in a gill of water, strain and add to the strawberries. Add 2oz castor sugar, the juice of one lemon and carmine to colour. Whip stiff the whites of 3 eggs and add lightly to the mixture. Pour into a mould decorated with strawberries and turn out when set.

SYLLABUB [Waller 1821]

1 pint cream, 2 lemons juice and rind grated, 3oz castor sugar.

Mix before adding the cream. Whip all together, put in glasses and stand all night. 12-15 glasses.

STONE CREAM [Waller, Burford]

Dissolve 1oz of Isinglass in one pint of water. Strain it and add 1 pint of cream and a few bitter almonds, brandy and sugar to taste. Boil together. Put preserve in the bottom of some glasses and pour the cream on top. 6 to 8 persons.

MY LADY MIDDLESEX'S SYLLABUB FOR LITTLE GLASSES WITH SPOUTS [Sir Kenelm Digby]

Take three pints of Cream and one of quick white wine or Rhenish and a quarter Pint of Sack and threequarters of a Pound of fine Sugar. Beat all these together with a Whisk till all appeareth converted into Froth. Then pour it into your little Syllabub Glasses and let them stand all Night. The

next Day the Curd will be thick and firm above and the Drink clear under it. I conceive you may do well to put into each Glass (when you pour the liquor into it) a Sprig of Rosemary a little bruised or a little Lemon Peel or some such thing to quicken the Taste.

SNOW CREAM

Take a quart of cream, 6 whites of eggs, a quartern of Rosewater and a quarter of a pound of double refined Sugar, beat them together in a deep bason. Then have a fine silver dish with a penny Manchet, the bottom and upper Crust being taken away, and made fast with paste to the bottom of the Dish and a streight Sprig of Rosemary set in the middle of it. Beat the Cream and eggs together and as it frotheth, take it off with a Spoon and lay it on the bread and Rosemary till you have filled the Dish. You may beat among it Musk and ambergris dissolved, and gild it, if you please.

AN EXCELLENT TRIFLE [Waller, Burford]

Lay macaroons and ratafia cakes over the bottom of your dish and pour in as much raisin wine as they will soak up. Then pour on them cold rich custard with a little rice flour added, which must stand two or three inches thick. On that put a layer of raspberry jam and cover the whole with a very high whip made the day before of rich cream, the whites of two well beaten eggs, sugar, lemon peel and raisin wine well beaten with a whisk kept only to whip Syllabubs and creams.

If made the day before it is solid and far better.

A TANSY

Take three pints of Cream. Fourteen yolks and seven whites of Eggs. One pint of Juyce of Spinnage Six or seven spoonsful of Juyce of Tansy, a Nutmeg slic't small, half a Pound of Sugar and a little salt. Beat all well together and fry it in a Pan with no more Butter than is necessary. Serve it up with Juyce of Orange upon it. 17th century.

ZABBAIONE [Suora Agata, Domenicana]

Break yolks of 6 fresh eggs into a bain marie pan. In another pan make a syrup of 8 lumps of sugar soaked in a large tablesp. of Marsala. Boil quickly and pour on the yolks, slowly whisking it all over a pan of boiling water while it thickens and rises.

CLARET JELLY [Willes, Burford]

1 bottle claret, juice and rind of a lemon, 1 tea cup raspberry juice or red currant jelly, 1 tea cup brandy, $\frac{1}{2}$ lb loaf sugar, 1 oz white leaf gelatine. Boil all 10 minutes and put into a wet stone mould.

Serve with Vanilla cream sauce: $\frac{1}{2}$ pint cream sweetened and flavoured with Vanilla.

TO MAKE A DISH IN THE ITALIAN FASHION

Take pleasant Pears. Slice them thin and put to them half as much sugar as they weigh, then mince some candied Citron and candied Orange small and mix it with the Pears and lay them on a bottom of cold Butter Paste in a Patty Pan. Lay on the

Sugar and close it up and bake it. Being baked ice it with the Rosewater fine sugar and Butter.

SHERRY FLIP [Prosser 1800]

For 12 custard glasses: 1 pint cream, 2 dozen almonds, 3 glasses Marsala or Sherry, juice of 2 lemons, sugar to taste.

Blanch and chop almonds and put in with cream. In another jug put the marsala, lemon juice and sugar. Pour rapidly from one jug to the other.

BISCUITS AND CAKES

*Dost think, because thou art virtuous, there shall
be no more cakes and ale?*

SHAKESPEARE

BAKING POWDER

$\frac{1}{4}$ lb rice flour. 3oz Tartaric Acid. 3oz bicarbonate of
Soda. Mix and sift carefully. [Waller]

BISCUITS AND CAKES

OATMEAL BISCUITS [Waller]

2lbs coarse oatmeal, 1lb white flour, $\frac{1}{2}$ lb good dripping, $\frac{1}{4}$ lb brown sugar, 1 teaspoonful carbonate of soda.

Dissolve the soda in milk and mix the biscuits with it. Cut out rather thick. Prick, and bake a light brown.

BARLEY SHORT PASTE [Waller]

$\frac{1}{2}$ lb Barley flour, $\frac{1}{2}$ teaspoonful Baking powder, 3oz butter, salt and cold water to mix.

Put in a basin and rub in the fat. Mix to a stiff paste using as little water as possible. Roll out on a floured board, cut into shapes, bake in a hot oven.

SCONES

8oz oatmeal flour, 4oz maize flour, 2oz butter, $\frac{1}{4}$ pint milk and water, 1 teaspoonful Baking powder.

Roll out an inch thick, cut in rounds and bake quickly.

TO MAKE YEAST [Fulljames]

Boil 1lb good flour, $\frac{1}{4}$ lb brown sugar and a little salt in 2 gallons of water for 1 hour. When new-milk warm bottle it and cork it close. It will be fit for use in 24 hours. 1 pint of this yeast will make 18lbs of bread.

BURFORD GINGERBREAD [Letitia Willes c. 1780]

1lb flour, $\frac{1}{2}$ lb butter, $\frac{1}{2}$ lb brown sugar, $\frac{1}{2}$ lb treacle, 1oz powdered ginger, 1oz lemon peel, 1oz orange peel, cut very small.

Mix very well with treacle and bake in a slow oven.

JUMBLES [Willes, Burford]

$\frac{1}{2}$ lb flour, 6oz loaf sugar, $\frac{1}{4}$ lb butter. Rub the butter and half the sugar into the flour. Beat with it 1 egg and 20 drops of lemon juice. Mix well. Roll out with the rest of the sugar, bake on a hot tin $\frac{1}{4}$ hour.

ORANGE CAKE [Oriana Haynes]

Take the weights of 2 eggs in fine sugar and flour. Beat the eggs and sugar together very thick and white. Mix the flour with the grated rinds of two oranges and 1 teaspoonful baking powder. Stir this lightly into the eggs and sugar. Well butter a tin and bake $\frac{1}{2}$ an hour. Quick oven.

Ice with grated rind in the mixture and some juice. Put a layer of orange cream filling in it.

TO MAKE RASPBERRY CAKES [1685]

Take 1lb of raspberries and 1 $\frac{1}{4}$ lbs of loaf sugar. You must boyle the sugar by itself to a candy height. Then you must bruise your raspberries together with a spoon and set them upon the fire in a Posnet stirring them till they be through hot and some of the liquor wasted away. Then pour it into the sugar and let it boil a walm or two then put it upon your plates.

[*Posnet: a little pot.*]

LEMON BISCKETS

Take a pound and a half of Almonds well beaten with the whites of 3 eggs, a pound of fine sugar, a quarter of a pound of fine flour, ye yolks of six eggs, a spoonful of orange flower water. Grate in ye rinds of two large lemons. Mix all well together. Bake them in little Cards well flowered in a quick oven but not to burn.

ALMOND BISCKETS

1lb blanched Almonds beaten very fine with Rose water. Beat the whites of 4 eggs and the yolks of 2 well together for an hour. Beat in 1lb castor sugar then add the Almonds and five or six spoonfuls of fine flour. So bake on paper or plates. Then have a little fine sugar in a piece of Tiffany, dust them over as they go into the oven and so bake as yo do bisket.

[*Tiffany: fine silk muslin.*]

SANDYWELL PARK BISCUITS

$\frac{1}{4}$ lb flour 2oz butter 1oz castor sugar.

Melt the butter in a saucepan. Put the flour and sugar in a basin with the melted butter [*Mem. better not to melt the butter*] mix well, turn out on a board, and flour the hands, knead well. Roll out and cut in shapes with cutters. Grease a tin and bake a very light brown.

BROWN BREAD

$\frac{1}{2}$ lb whole meal and $\frac{1}{2}$ lb white flour, $\frac{1}{2}$ teasp. bicarbonate of soda, 1 teasp. salt, 2 teasp. brown sugar, $\frac{1}{2}$ pint warm milk.

Dissolve the soda in the milk, mix well. Mix the other ingredients well, then stir in the warm milk till all is a stiff mass. Put in a cake tin and bake 1 hour.

MR. CONWAY'S BREAD

$\frac{1}{2}$ lb stone-ground wholemeal flour, 1 teacup white flour, 2 teaspoonsful baking powder, $\frac{1}{2}$ pint of milk, 1 teaspoon sugar, 1 saltspoon salt.

Sift the flour. Add the baking powder sugar and salt. Mix with the milk till it is a light Sponge. Bake about 1 hour in a moderate oven.

PINEAPPLE SPONGES

Beat 2oz butter to a cream, add gradually 2 eggs, 4oz castor Sugar, 6oz sifted flour. Chop finely 3oz pineapple and mix in lightly. Pour into paper cases and bake 10 or 12 minutes.

PICKLES AND JAMS

*A little meat best fits a little belly.
As sweetly, lady, give me leave to tell ye,
This little pipkin fits this little jelly.*

HERRICK

PICKLES AND JAMS

GREEN TOMATO PICKLE

[Jessie Oriana Waller]

Slice 1 gallon of green tomatoes. Sprinkle salt between each layer and let them stand 12 hours, then drain off the liquid. Slice 4 large onions into 2 quarts of vinegar with 2oz mustard seeds, a few capsicums, 12 cloves and $\frac{1}{2}$ a pint of treacle. Boil 10 minutes, then add the tomatoes and boil 15 minutes. Put into jars; when cold tie down and keep in cool place.

INDIA PICKLE [Willes, Burford]

To one gallon unboiled vinegar put one pound of ginger steeped in brine. Scrape off the outside and cut in thin slices 4oz garlic, the same of Shalotts peeled and laid in brine 3 days to be then wiped and dried before the fire or in the sun. Add four oz of flour of mustard, 4oz Turmeric powder, 4oz common salt, 2oz mustard seed, 1oz white pepper, 1oz long pepper, 1oz black pepper, 1oz bay salt. When the whole is prepared put it into a stone jar and skim it every day for a fortnight, add to it $\frac{1}{2}$ oz Cayenne pepper. Then salt your vegetables and fruit and let them be 24 hours, and when dry put them in the jar.

TO BOTTLE FRUIT IN THE OVEN

Pack the bottles as full as possible with fruit, stand them in a cool oven on a piece of cardboard or drainer, so that they do not touch the shelf. Increase the heat in the oven and when you see the fruit crack and sink down, bring out the bottles one at a time and fill up with boiling water. If a vacuum jar is used dip the rubber ring in hot water, put on, also cap and screw down tightly. If ordinary jars are used do not fill right up with boiling water, leave space to pour in hot mutton fat.

Quick and cheap.

WINDFALL CHUTNEY

Pare and cut up windfall apples. To 10lbs add 2oz garlic and 2oz onions peeled and chopped fine, simmer in $\frac{3}{4}$ pint of vinegar or a little more if the fruit be dry, till tender and smooth. Have ready in a pan $\frac{3}{4}$ lb brown sugar, $\frac{1}{4}$ lb salt, $\frac{1}{4}$ lb mustard seed, $\frac{1}{2}$ lb stoned and chopped raisins, $\frac{1}{4}$ oz cayenne pepper, $\frac{1}{4}$ pint vinegar in which has been dissolved 2oz ground ginger. Pour on to it the apple pulp. Put into jars when cold. It is ready when the seeds are soft.

[Improves with keeping. O. H.]

MARMALADE [Oriana Haynes]

12 Seville oranges, 1 sweet orange and 4 lemons.

Nick the oranges all round in order tear off the skin neatly. Put the pips in a basin and cover them with water. Put the Pulp in another basin, cut the

skin in strips and weigh it with the Pulp. To every pound add 3 pints of cold water. Stir and let stand all night. Next day add the water from the Pips and boil till the skin is tender. Set aside for another night. Next day weigh again and to every pound put half a pound of preserving sugar. Boil and skim well. Gallop for the last $\frac{1}{4}$ hour to get it dark.

STRAWBERRIES [German Recipe]

Clean ripe strawberries, put them in a dish in alternate layers of fruit and powdered preserving sugar, equal weights of sugar and fruit. Stand over night. Next day stir for 1 hour. Then put them in a preserving pan and bring to boiling point. Let them just boil twice. Then pour into jam jars while hot. Let it cool and then cover with parchment dipped in rum.

[Note : Skim well, and wait five minutes before putting it into the jars. O. H.]

MULBERRY JAM [Oriana Haynes]

Equal parts of fruit and sugar. Mash a few and sprinkle the whole with sugar. Stand till next day. Boil stirring all the time or it will burn.

LEMON PICKLE [Waller, Burford]

Take 24 lemons. Cut them in four but not quite through and fill up the incisions with Bay salt. Put them in a Pewter dish near the fire until they are perfectly dry turning them every day and then put them in a jar that will hold about 3 quarts of

water. Tie up in a linen bag the following ingredients: $\frac{1}{4}$ lb mustard seed, 2oz nutmeg (bruised) $1\frac{1}{2}$ oz mace $\frac{1}{4}$ oz cayenne pepper. Lay it in the jar upon the lemons. Boil 3 quarts of vinegar and pour it boiling into the jar and tie it down immediately. The jar must stand near the fire for a month and stir it every day with a wooden spoon.

ENGLISH GINGER JAM

Remove the rind and pulp from 3lbs of vegetable marrow. Cut the marrow in pieces. Sprinkle over it some powdered sugar and leave for 24 hours. Then add 3lbs of loaf sugar, the juice and grated rind of 2 lemons and 2oz bruised ginger put into a muslin bag. Boil all together $3\frac{1}{2}$ hours. Take out the bag of ginger and put the jam in jars.

ORANGE AND APPLE JELLY

Wash and halve the apples, cover with cold water and simmer gently till quite soft. Strain and to every pint of apple juice add the juice and the grated rind of one orange. To every pint of juice add $\frac{3}{4}$ lbs of sugar. Boil till it sets when tested.

DAMSON CHEESE [Ethel Bowl]

Remove stalks. Put enough water in a large pot to cover the bottom. Put in the damsons, put the lid on and cook very slowly until soft. Pass through a sieve into a preserving pan. Allow to each pint of pulp 12oz sugar. Boil till the syrup has evaporated, skimming well. When quite stiff put into jars with paper dipped in brandy on top. Cover closely.

THE BEST RECIPE IN THE WORLD
FOR PICKLING MUSHROOMS

[Anne Elizabeth Waller 1846]

Let your mushrooms be small and wipe them clean with flannel. Shake over them some salt and let them stand until the next day. Then put them over a gentle fire to boil in their own liquor till all is absorbed, stirring them constantly. Add vinegar and port wine in equal quantities, cloves and a small portion of ginger. Boil all together for a few minutes. When cold tie them down closely.

FOR THE COMPOUNDING AND CANDYING THE AFORESAID PICKLED AND CANDIED SALLETS

Though they may be served simply of themselves and are both good and dainty, yet for better Curiosity and the finer ordering of a Table you may thus use them. First, if you would set forth a red Flower that you know or have seen, you shall take the pot of preserved Gillyflowers, and suiting the colours answerable to the Flower, you shall proportion it forth and lay the Shape of a Flower with a Purslane Stalk, make the stalk of the Flower, and the Dimensions of the Leaves and Branches with thin Slices of Cucumbers. make the leaves in true Proportion jagged or otherways, and thus you may set forth some blown and some in Bud and some half blown which will be very pretty and curious; if yellow set it forth with Cowslips and Primroses; if blue take Violets or Borage; and thus of any flowers.

ROSE VINEGAR

Keep Roses dried, or dried Elderflowers, put them into several double glasses or Stone bottles write upon them, and set them in the sun, by the fire, or in a warm oven. Put out the vinegar, throw away the old flowers, put in more flowers, and put the vinegar in again.

DRINKS

*A Vine bears three grapes, the first of Pleasure,
the second of Drunkenness, the third of Repentance.*

DRINKS

A CORDIAL WATER OF SIR WALTER RALEIGH'S [Sir Kenelm Digby]

Take a Gallon of Strawberries and put ym into a pint of Aqua Vitae. Let them stand four or five Dayes. Strain them gently out and sweeten the water as you please with Sugar also with Perfume.

TEA WITH EGGS

The Jesuit that came from China Ann. 1664 told Mr. Waller that there they use sometimes in this manner. To near a pint of the Infusion take two Yolks of new laid Eggs and beat them very well with as much fine Sugar as is sufficient for this quantity of liquor; when they are very well incorporated pour your Tea upon the Eggs and Sugar. So drink it hot.

THE LADIES' WATER

Sugar Candy one pound. Canary Wine six Pints. Rose Water four Pints Boil to a Syrup and mix with it of Heavenly Water two Pints, Of Ambergris and Musk each eighteen grains, Saffron fifteen grains. Yellow Saunders infused in Heavenly Water two drams. Let it settle and decant the Liquor off by Inclination.

Where Perfumes can be bore, this is an extraordinary Cordial, greatly raises the Spirits and is good in all sinkings and Nervous Decays; but it is too rich to be drank alone. [*But how is Heavenly Water to be got? O. H.*]

ORANGE FLOWER RATAFIA

Six Pounds of Sugar, Twelve quarts of Water. Boil over a moderate fire. Skim. Add one pound of Orange Flowers. Boil for three or four Minutes. Pour into a large Stone jar and add two Quarts of rectified Spirits of Wine. Close carefully with a good Cork or Bladder and stand for Six Weeks. Filter first through a Bag and then through a filtering Paper and keep it in well corked Bottles.

IPPOCRAS

To a Gallon of Wine three ounces of Cinnamon, two ounces of Slic't Ginger, One quarter ounce of Cloves, one ounce of Mace, twenty Peppercorns, one ounce of Nutmegs, three pounds of Sugar and three Quarts of Cream.

BUTTERED BEER

Boil Beer and scum it, then have six Eggs whites and all, beat them in a Flagon or Quart Pot with the Shells, some Butter, sugar and Nutmeg. Put them together and being well brewed drink it when you go to Bed.

SUGAR OR HONEY SOPS

Boil Beer or Ale together and put to it Slices of Manchet, large Mace and Honey, sometimes Currants. Boil all well together.

CAUDLE [Lamb]

Boil Ale or Beer, Scum it, add two or three Blades of Mace, some slic't Manchet and Sugar, then dissolve four or five Yolks of Egg with some Sack, Claret or white Wine and put it to the rest with a little grated Nutmeg.

ELDERBERRY WINE [Kenelm Digby]

Put ripe Elderberries into a Stone jar. Set them in a moderate oven till the jar is hot through. Strain through a sieve and put the liquor in a Kettle. Let boil, and put in one pound of Sugar to every Quart of Juice and skim it often. Then pour it into a Cask and when it has done working, Stop it Close. If you would give it a muscatel taste put in flowers of Meadow Sweet.

ELDERFLOWER WINE

Twelve pounds castor sugar, 6lbs chopped Raisins. Boil in 6 gallons of Spring Water. Half a Peck of Elderflowers picked from the Stalks. When the liquor is cold, put in the flowers about a gill of lemon juice, and half a gill of Ale Yeast. Cover it up and let it stand three days, then strain it into a Cask, add one quart of Rhenish to every Gallon and

put the Bung in lightly for a fortnight, then stop it close and put it in a dry cool place. After five months you may bottle it.

RAISIN WINE [May]

Thirty gallons of Soft Water in a Vessel one third larger than will contain the quantity you need. One hundredweight Malaga Raisins. Mix well. Cover partly with a linen cloth. Leave in a warm place for fourteen days, stirring twice every twenty four Hours. Taste to try if the sweetness has gone off. If it has and the fermentation is abated and the Raisins sunk to the Bottom, strain it off (press all the Juice from the Raisins) into a warm dry wine Cask with 8lbs Sugar and a little Yeast. Keep some of the Liquor out to be added from time to time as the fermentation abates that will come on again but must not rise out of the Cask. Continue in this state one month with the Bunghole open. Then the whole of the liquor that was kept out having been put in, stop it up so that no air enter. To be kept for a Year or longer. It will improve for four or five Years.

MEAD [Sir Kenelm Digby]

In sixty gallons of water boil ten handfuls of Sweetbriar leaves; Eyebright, Liverwort, Agrimony, Scabious, Balm, Wood Betony, Strawberry Leaves Burnet, of each four Handsful. Of Rosemary three handfuls. Of Mint Angelica Bayes and Wild Thyme Sweet Marjoram, of each two handfuls. Six Eringo Roots.

When the water hath taken out the Virtue of the Herbs and Roots, let it settle and the next day pour off the clear and in every three gallons of it boil one of Honey. Scum it well and put in a little cold water now and then to make the scum rise also some whites of eggs. When it is clear scummed take it off and let it cool. Then work it with Ale Yeast. Tun it up and hang in it a bag with ginger cloves cinnamon and Cardamom, and as it worketh over, put in some strong Honey Drink warmed. When it works no more Stop it close.

[Note : Mead was also made with clove gillyflowers, or juniper berries, or Morello Cherries or Raspberries or Bilberries. O. H.]

HYDROMEL [Sir Kenelm Digby]

Eighteen quarts of Spring Water. One quart of Honey. When the water is warm put the honey into it. When it boileth up, skim it very well and continue skimming as long as any scum will rise. Then put in one Race of Ginger slic't thin, four cloves and a little sprig of Green Rosemary. Let these boil in the liquor so long that in all it shall have boiled one hour. Let it cool till it be blood warm then put in to it a spoonful of Ale Yeast. When it is worked up, put it into a vessel of fit size, and after two or three days, bottle it. You may drink it after six weeks or two months. Thus was the Hydromel made that I made the Queen Mother which was exceedingly liked by everybody.

WASSEL [May]

Take Muscadine or ale and set it on the fire to warm. Boil two or three cloves in a quart of cream. Dissolve three yolks of eggs in a little cream. The cream and cloves being well boiled put in the eggs and stir them well together. Then have Sops or Sippets of fine Manchet. Put them in a bason and pour in the warm Wine with some Sugar and thick cream on that. Stick it with blanched Almonds and cast on Cinnamon ginger and sugar or wafers, Sugar plate or Comfits.

CLARET CUP [Willes 1780]

1 Bottle of Claret. 2 Bottles of Soda Water. 1 lemon sliced whole. 1 finger length of Cucumber. 1 Sprig of Borage. 1 tablespoonful Castor Sugar. 2 Tablespoonsful of Brandy. 1 wine glass sherry. 2 leaves of Balm. 2 leaves of mint. Ice.

WHITE WINE CUP [Oriana Haynes]

One bottle of White Wine or Cider. 2 Bottles of Soda Water. 1 lemon sliced whole. 1 finger length of Cucumber. 1 Sprig of Borage. 1 tablespoonful Castor Sugar. 2 tablespoonsful Brandy. 2 tablespoonsful Kirsch or Cointreau. 2 leaves of Balm. 2 leaves of Mint. 2 leaves of Rosemary. A few strawberries, cherries or Raspberries. Ice.

[If there be no Cointreau or Kirsch, put Orange Gin or Cherry Brandy. O. H.]

LEMON WHEY [Waller, Whittington 1870]

The juice of two Lemons, 1 pint of milk, 2oz Sugar, $\frac{3}{4}$ pint of boiling water. Put in a lined saucepan and stir over the fire till it curdles, then strain through muslin and leave till cold.

ORANGE GIN [Oriana Haynes]

Three Bottles of unsweetened Gin. Take 4 good lemons, 12 Seville Oranges. Peel them very thin and slice finely into a Casserole with $1\frac{1}{2}$ lbs of loaf Sugar broken small add the Gin and a halfpenny-worth of Hay Saffron. Stand eight days in a warm place stirring twice a day. Strain and bottle.

NORFOLK PUNCH [Waller 1820]

Two quarts of Whiskey or Brandy. 18 Oranges, 18 Lemons. Peel them and keep the rinds twelve hours in the Spirit before making. Three quarts of water boiled but cold before using. $1\frac{1}{2}$ lbs of loaf Sugar. $1\frac{1}{2}$ pints warm milk. Strain through a flannel bag and keep six weeks before bottling it.

[*Note : Rum and brandy half of each is best. O. H.*]

TO MAKE AN ALEBURY [May]

Boil Beer or Ale and scum it and put in some mace and a bottom of a Manchet, boil it well, then put in some Sugar. 1680

SACK POSSET

Take eight eggs whites and yolks. Beat them well and strain them into a quart of Cream, add Nutmeg

and Sugar. Stir them altogether and put in your Bason. Set in an Oven no hotter than for a Custard and let it stand for two hours.

JESSAMINE WATER

Take 8oz Jessamine flowers, 3 quarts of Spirit of wine, 2 quarts of water in an Alembic. Draw off 3 quarts. Then take 1lb sugar dissolved in 2 quarts of water and mix it with the distilled liquor.

JONQUIL WATER

Six ounces of flowers, 2 quarts Brandy. Let them stand till all the colour is extracted. Then pour it gently through a jelly bag, and add to it one pint of water in which half a pound of sugar has been dissolved.

ROSE WATER

Take any quantity of Damask Rose leaves. Put them in a vessel and distil them in Balneum Mariae till all the water is exhaled by heat from the Rose leaves. The Roses should be gathered in fine weather about sunrising and committed immediately to the Still with the dew upon the leaves.

THE COUNTESS OF BULLINGBROOK'S WHITE METHEGLIN [Sir Kenelm Digby]

Take eight gallons of Conduit Water, and boil it very well; then put as much Honey in it as will bear an Egge, and stir it well together. Then set it upon

the fire and put in the whites of four Eggs to clarify it; and as the scum riseth take it off clean: then put in a pretty quantity of Rosemary, and let it boil till it tasteth a little of it; Then with a scummer take out the Rosemary, as fast as you can and let it boil half a quarter of an hour; put it into earthen pans to cool; next morning put it into a barrel, and put into it a little Barm and an ounce of ginger scraped and sliced; and let it stand a month or six weeks. Then bottle it up close. You must be sure not to let it stand at all in Brass.

SACK WITH CLOVE GILLYFLOWERS

[Sir Kenelm Digby]

If you will make a Cordial Liquor Sack with Clove gillyflowers you must do thus. Prepare your gillyflowers, as is said before, and put them into great Double glass-bottles, that hold two gallons apiece or more, and put to every gallon of Sack a good half pound of the wiped and cut flowers, putting in the flowers first and the Sack upon them. Stop the glasses exceeding close, and set them in a temperate cellar. Let them stand so till you see that the Sack has drawn out all the principal Tincture from them and that the flowers begin to look palish; (with an eye of pale or faint in colour) Then pour the sack from them and throw away the exhausted flowers, or distil a Spirit from them. For if you let them remain longer in the sack they will give an earthy taste. You may then put the tinted Sack in fit bottles for your use stopping them very close. But if the season of the flowers be not yet past, your sack

will be better, if you put it upon new flowers, which I conceive will not be the worse but peradventure, the better, if they be a little dried on the Shade.

POSSET SIMPLE [Sir Kenelm Digby]

Boil your milk in a clean scoured Skillet, and when it boils take it off, and warm in the pot, bowl or bason some sack, claret, beer or juyce of orange: Pour it into the drink, but let not your milk be too hot for it will make the curd hard, then sugar it.

OATMEAL CAUDLE [Sir Kenelm Digby]

Boil Ale, Scum it, and put in strained Oatmeal, sugar mace and sliced bread, boil it well, and put in two or three spoonfuls of Sack, white wine or Claret.

EGG CAUDLE

Boil Ale or Beer, scum it and put to it two or three blades of Mace, Some slic't Manchet and sugar; then dissolve four or five Yolks of eggs with some Sack, Claret or white wine and put it to the rest with a little grated Nutmeg; give it a warm and serve it.

HOT PUNCH [Letitia Willes, Burford]

$\frac{1}{2}$ Pint Rum, $\frac{1}{2}$ Pint Brandy, $\frac{1}{4}$ lb sugar, 1 large lemon, $\frac{1}{2}$ teaspoonful Nutmeg. 1 Pint boiling water.

Rub the sugar over the lemon till all the yellow is absorbed from the rind. Then put the sugar in a Punch-bowl, add the lemon juice free from pips, mix well together. Pour over them the boiling water, stir well

together, add the Rum, Brandy and Nutmeg. Mix thoroughly and the Punch is ready to serve. Enough for four persons.

MULBERRY WINE [Oriana Haynes]

Equal quantities of fruit and water. Soak 24 hours, stir twice a day. Squeeze, strain and measure the juice. To each quart add $1\frac{1}{2}$ lbs of sugar. When fermentation is well advanced bung tightly. Bottle after 2 months

ELDER FLOWER WINE [Burford]

To 6 gallons of water put 18lbs loaf sugar, boil it half an hour. When milk warm put to it $\frac{1}{2}$ a peck of elderflowers picked from the stalks, the juice and thin rind of 6 lemons, 6lbs of raisins cut in two, four or five spoonsful of yeast. Stir it often in the barrel for four or five days. When it has quite done working, stop it up. It will be fit to bottle in 6-8 weeks. The rind of the lemons to be as thin as possible. Allow 1 gallon less than your barrel to make room for the raisins.

Do not gather the flowers till they will easily shake from the stalks.

Or: 6 gall water, 12lb sugar, 6lb raisins, $\frac{1}{2}$ peck flowers, 1oz yeast. Boil water and sugar, skin well, add raisins. Take off fire and when just off the boil add the flowers. At 98° add yeast stirring well. Next day add juice of 4 lemons, thin peel of 6, stir well for 5 or 6 days. Stop up when working is done. Bottle in 2 months. Drink in 2 years.

[Oriana Haynes her version; much dryer than the great-grandmother's brew.]

BLACKBERRY GIN [Oriana Haynes]

Fill the jars $\frac{3}{4}$ full of fruit and pour in the Gin till full. Leave one month then sweeten.

[Can be bottled after 4 months but I like to leave it till it is wanted. O. H.]

BLACK CURRANT GIN. [Oriana Haynes]

Fill the jars $\frac{3}{4}$ full of bruised fruit, a very thin bit of lemon peel and 6 cloves to each 2lb jar. Sweeten after a month.

SLOE GIN [Oriana Haynes]

The same except that you put a handful of almonds into each 2lb jar.

GINGER CORDIAL [Letitia Waller from Mrs. Trotter, about 1820]

Put 1lb of white currants bruised to one quart of Whiskey and the rind of one lemon. Let it stand all night then strain it and add 1lb of white sugar and $\frac{1}{4}$ oz of Ground Ginger. 1oz ginger to 3 quarts will be perhaps a better rule.

PORT WINE NEGUS [Prosser 1800]

Put in a bowl $\frac{1}{4}$ lb of loaf sugar, one slice of lemon and about a teaspoonful of the rind grated, with a grate of nutmeg. Pour on to it a pint of boiling

water stirring well. Then add a bottle of good Port. Stir well. Drink it as hot as you may.

[People who felt they wanted a warm comfortable evening sat sipping this noxious mixture after supper for hours on end ! O. H.]

EXCELLENT RAISIN WINE [Camplin, about 1780]

Put two hundred weight of Raisins Malaga into a cask and pour upon them a Hogshead of good sound cider that is not rough. Stir it well two or three days; stop it and let it stand six months then rack it with a cask that it will fill and put in a gallon of the best Brandy.

If raisin wine be much used it answers well to keep a cask always for it and bottle off one years wine just in time to make the next which allowing the one years infusion would make the wine to be 18 months old. In cider countries this way is very economical and if not thought strong enough the addition of another quarter of a hundred of raisins would be enough and the wine would still be very cheap. *[Note by Mrs. Camplin.]*

[The Canon seems to have liked his wine really comforting. O. H.]

PORT [Camplin]

When raisins are prest through a horsehair bag they will either produce a good Port by distillation or they will make an excellent Vinegar [! ! !]

ELDERBERRY WINE [Prosser 1800]

To every quart of Berries put 2 quarts of water. Boil half an hour. Run the liquor and break the fruit through a sieve. Then to every quart of juice put $\frac{3}{4}$ lb. Lisbon sugar, coarse but not the very coarsest. Boil the whole a quarter of an hour with some Jamaica pepper, ginger and a few cloves. Pour it into a tub, and when the proper warmth into the barrel with toast and yeast to work, which there is more difficulty to make it do than most other liquors. When it ceases to hiss put a quart of Brandy to eight gallons of wine. Bottle in the spring or at Christmas time. The liquor must be in a warm place to make it work.

COSMETICS

A lady's face like the cart in the "Tale of a Tub" will wear well if left alone; but if you offer to load it with foreign ornaments, you destroy the original ground.

COSMETICS

FRECKLES IN YE FACE

Take the blood of a Haire and of a Bull and anoint ye face with this at night when you go to bedde, lett it dry on. Do this sometime and it will take them clean away. [MSS]

DEPILATORY

The juice of Spurge mixed with honey causeth hair to fall from that place which is anointed therewith so it be done in the Sun. [MSS]

DAMASK POWDER

Take Orris and Spruce of each four ounces. Cloves and Cinnamon of each two ounces. Benjamin three ounces. Make ym into Powder, mix them with eight ounces of Damask Rosebuds.

BEAUTIFYER

Put the white of an egg into a cup and beat it to a froth, add the juice of half a lemon, put the cup in a pan of boiling water and stir till it thickens. Take it off the fire and add what perfume you please. After bathing, put a little of this on the face neck and arms. Soon it will have a sticky feeling but be not dismayed, rub the skin with a soft

towel and it will be like velvet, and white and proof against perspiration. This quantity will last two days. It must be used fresh.

CRYSTAL CREAM FOR THE HAIR

Half a pint of Castor oil. Half a pint of olive oil
1oz Spermaceti melted together in a jug which is to
be placed in a saucepan of boiling water. Stir till
cold then add six pennyworth of Bergamot and oil
of cloves.

1841

MEDICINAL

Addison's opinion of Doctors :

This body of men in our own Country may be described like the British Army in Caesar's time. Some of them slay in Chariots and some on foot.

MEDICINAL

TESTIMONIAL TO A NOSTRUM

It comforts the vital Spirits, is good against the palsy, and for Barren Women. Kills belly worms and dropsy, cures the stone and stinking breath and restoreth Nature.

FOR A COMPLAINT IN THE BOWELS

Take 15 grains of Rhubarb 15 grains of Nutmeg and 15 drops of Laudanum mixed in a wineglass of warm Brandy and Water. If there be excessive pain take it every three hours. Otherwise every four hours. This is a never failing remedy but not for Children.

[Letitia Willes 1800]

HYSTERICAL WATER

Take Betony, roots of Lovage, seeds of wild Parsnips of each two ounces, of roots of single Piony four ounces, of mistletoe of the Oak four ounces, of Frankincense one quarter ounce. Beat all these together and add a quarter of a pound of dried Millepedes. Pour on these three quarts of Mugwort water and two quarts of Brandy. Let them stand in a close vessel eight Dayes then distil in an Alem-bick close pasted. You may draw off nine pints of water. Sweeten it to your taste and bottle it up.

TO CURE A DIZZINESS IN THE HEAD

Take Alicampane Roots and dry them and grate them into a Draught of Beer. Every Morning drink.

OYNTMENT OF TOBACCO

Take three Pints of red Wine with as much green Tobacco stamped as you can well put in it and let it stand and steep one Night. Add to this two pounds of fresh Hog's Grease carefully washed, then boyle this in the Wine till the Wine be evaporated, then strain it hard. Add to it one Half Pint of green Tobacco Juice, then when it is almost boyled add two Ounces of round Birthwort Rootes in fine Powder, as much Black Rosin and as much Beeswax as is convenient to stiffen it.

TO CURE A MADD DOGG

Take these Words written in a Piece of Paper. R. Barabas, R. Barabas Arios, Arios, Opalusqu, and rowle it up in a Piece of Butter and give it him.

[*The operative words being "Give it him."*]

SYRROP OF VIOLETS

Take of Violet Flowers fresh picked a Pound. Clear Water made boyling hot, two Pints. Shut them close in a newe Glasse Pott a whole Daye then press them hard out, and to two pounds dissolve four Pounds three Ounces of white Sugar. Run it clean to make it a Syrrop without boyling.

This Syrrup resists Putrefaction, Pestilence and Poyson.

FOR CONVULSION FITTS

(1) Take an Eelskin and let the Child wear it wrapped about the left Leg.

(2) Take single Piony Roots, cutt them in small Pieces and hang ym about ye Child's Neck.

THE QUEEN OF HUNGARIE'S WATER

Three Ounces of Rosemarie Flowers gathered a little after the rising of the Sunne. Put them in a double Vessel and pour on them three ounces of alcoholized Spirit of Wine. Lute exactly the joynts where they meet, and put in Digestion to extract in a very low Heat of ye vapourous Bath during three naturall Dayes. Let the Vessel cool before you open it. After that draw the Tincture and strain the Flowers. Filtrate it, and keep by itself Part of this Balsamique Tincture to use both Internally and Externally for it hath as much if not more Virtue than the Water, but it is not so pleasant nor subtle. You must distil the other Part in Balneo Maria in a Heat so well graduated that the Head of the Alembique may not contract any Heat at all, and that the Artist may distinctly reckon two or three between the dropping of each Drop and so continue till you have reduced the Tincture to the Consistency of an Extract. You must exactly stop the Bottles in which you put this Water because it is extraordinary subtle.

FOR SINEWS CUT IN TWO OR ASUNDER

Take Earthworms a good Quantity make them into a Powder and mingle it with Honey and use it to the Place grieved till Cure. [MSS]

FOR A STITCH

Take ye Urine of a Man and Mustard and mix them well together then wet a Cloath therein and lay it hot on the Stitch. This for a Woman, but if for a Man Woman's Water and Mustard.

Probatum est.

[MSS]

VIPER BROTH

Draw and pick a large fowl, take off the fat, break the breastbone and fill the body with parsley; cut in slices a handful of Pimpernel and a head of Endive, put these with the fowl in a saucepan with three pints of water, and let it boil till one pint is wasted.

Then kill a Viper and skin it, take out the entrails and cut the flesh in small pieces, put this in the Broth with the Heart and liver and two Blades of Mace. Cover it up and let it boil till there be but a Pint left. Then strain it off and serve it at two Messes.

SNAIL BROTH

Pick twenty garden Snails out of their Shells and put them in a Marble Mortar. Add to them the Hinder Legs of thirty Frogs. Pound them well and put them in a Pott with three quarts of Water, a little salt, a dozen of Turnips cut in thin Slices, two handfuls of Barley twenty grains of Saffron, and one

large Leek chopped fine. Let it all boil together till there be but a Quart left. Then strain it through a Sieve.

Very nourishing and excellent for Consumptions.

TO MAKE A BROTH FOR A SICK BODY

Take a Leg of Veal and set it a boiling in a gallon of fair Water. Scum it clean and when you have so done put in three quarters of a Pound of Currans, half a pound of Prunes, a handful of Borage, as much mint, and as much Hart's Tongue. Let them seethe together till all the strength be sodden out of the flesh then strain it as clean as you can. If you think the Party be in any Heat put in Violet leaves and Succory.

1680

TO DISTIL A PIG AGAINST A CONSUMPTION

Take a Pig, slay it and cast away the Guts. Then take the Liver, Lungs and all the Entrails and wipe all with a Clean Cloth. Put it into a Still with a pound of Dates slic't thin, a pound of Sugar and an Ounce of large Mace. If the Party be Hot in the stomach, then take these cool Herbs, as Violet leaves, Strawberry leaves and half a Handful of Bugloss. Still them with a soft Fire as you do Roses and let the Party take of it every Morning and Evening in any Drink or Broth he pleases. You may sometimes add Raisins and Cloves.

1680

AN EXCELLENT RESTORATIVE FOR A WEAK BACK

Take Clary, Dates, the Pith of an Ox, and chop them together, Put some cream to them, Eggs,

grated Bread and a little white Saunders. Temper them all well together, fry them and eat it in the Morning fasting Otherways take leaves of Clary and Nepe, Fry them with yolks of eggs and eat them to break fast. 1680

TO MAKE CHINA BROTH

Take an ounce of China thin slic't. put it in a Pipkin of fair water with a little veal or Chicken. Stop it close and let it stand four and twenty hours upon the embers but not boil. Then put in Coltsfoot, Scabious, maidenhair, violet leafes, half a handful; candied eringo and 2oz Marshmallows, boil them on a soft fire till a third part be wasted, then put in a Crust of manchet a few Raisins of the Sun stoned, and let it boil a while longer. Take of this Broth half a pint every morning for a month, then leave it a month and use it again.

A POULTICE FOR A SORE THROAT

Boil figs in milk and tie them round the throat. Drink the milk, it is nourishing !

[Letitia Willes, Burford]

PORT WINE JUJUBES FOR A COUGH

[Waller, Burford 1821]

1 Bottle of Port, 3oz isinglass, 2oz Gum Arabic, 3oz white sugar candy. These must be put in an earthen vessel and simmered till all are melted.

A piece of jelly the size of a nutmeg or more as suits the patient to be taken two or three times a day

HOUSEHOLD

*She looketh well to the ways of her Household
and eateth not of the fruits of idleness.*

ECCLESIASTES

HOUSEHOLD

TO WASH AND PERFUME GLOVES

Take half a pint of Damask Rose Water and six Spoonsful of Orringe flower Water. Then take a fine Glove of Kyd or Lambes leather and wash it in that water, then drie it again. Thou must have a stick such as Glovers have to thrust out the fingers and rub your glove between your hand to make it soft. Then take six grains of Musk and three of Ambergris and three grains of Civet and so grind the same with a stone with Rosewater, Then take a piece of Taffety and rub on your Gloves. Bring out your stick. Then pull them out and lay them between the leaves of a great Book.

ANOTHER

Take your Gloves and with the yolk of an egg do it on ye Gloves as you would do Sope. Then wash them with a Brush on a Board with Water almost cold till they be cleane. Then throw them into Water wherein is a little White Lead mixed. Then rince them and wring them very hard and pull them out even and hang them up till almost dry. Then with a Brush do them all over with White Lead mixed with Water to be no thicker than Cream. Hang them up again till quite dry. Then take them and beat them against a Table and tew them till

gentle. Then brush them all over with Gumdragon that must be steeped the day before in Orange flower Water to be no thicker than Cream and when dry of the gum do them as before with the white of an Egg well beaten and if you like them to shine rub them with a sleek Stone. You must have the White Lead ground.

TO WASH GAUSES

Take your gauses and sope them thus. Lay them on the sope hard and pull them up and so do till they be all over sope. Then double it up and put it in a Cloth and put them into cold water and let them boyle a little. Then take them on a trencher and squeeze them. Then put them into more cold water throwing the Boylings on them once or twice and squeezing them. Then put them into more cold water soping the outsides of the cloth and boyling them a second time and do as before on the Board and if the suds be clean you need not boyle them any more, but open them and nip them hard out and smoke them, and when dry wet them with Isinglass boyled in water the day before. Then pin them on a Board a pin in every stripe and the pin on the other side right over against the other pin, and when dry unpin it, and if you please you may run an iron over it.

TO CLEAN SILVER LACE

Take your silver lace and sop it very well on both sides. Then put it into water and boyle it very well

with whiting in the water. Take it out an rowl it on a Rowling pin or some round thing to wring the water out. Then sope it again, then daub it with whiteing and boyle it again, and if it be not as you would have it do it a third time, and rowl it every time on the round pin. Pin on a dry cloth and so let it dry on the Rowling pin.

Silks are cleaned with hot bran or breadcrumbs mixed with powdered Blue.

TO CLEAN PEWTER, COPPER, TIN

1 pail of wood ashes, one half a pail of Slaked Lime, four pails of water, boiled one half hour and bottled for use. Pewter is rubbed with this (hot) and red Sand. Candlesticks to be boiled first and then rubbed with rotten Stone or White Brick. Silver to be boiled and then rubbed with whiting.

about 1750

[*Rotten stone : powdered limestone.*]

TO CLEAN PEWTER

One tablespoonful of Soft Soap, 1 tablespoonful of Rotten Stone, 4 tablespoonsful of Turpentine. Mix the Soft Soap and Rotten Stone together with boiling water till it is like Putty. Add the Turpentine till it is a cream.

1800

FOR NEGLECTED PEWTER

Boil some hay in water for about half an hour, scrub the Pewter in the Hay water using the hay as a brush.

1800

A POLISH FOR BRASS

$\frac{1}{4}$ of a pint of Paraffin, $\frac{1}{4}$ pint Turpentine, 2 table-spoonsful of Ammonia, 2 Tablespoonsful of Rotten stone. Put all in a bottle and shake it well. Shake before using.

A POLISH FOR STEEL

1 tablespoonful of Whiteing, 1 tablespoonful of powdered Bath brick, $\frac{1}{4}$ pint turpentine, $\frac{1}{4}$ pint paraffin. Shake well before using.

TO CLEAN SILVER

Melt a Bar of good soap to jelly with water, add enough precipitated whitening to make it like cream. Keep it in a jar. Put on with a flannel, rinse in warm water and wipe, but do not dry. Polish with a leather.

TO CLEAN MARBLE

Crush together 6oz. of soda and 3oz of precipitated whitening and 3oz of Pumice stone, mix to a cream with boiling water. Use a brush to apply this, leave it to dry on, wash off with warm water and then polish.

FOR SCORCHED LINEN

Take the juice of a large onion (cut it up and press it) add to it 1oz soap 1 oz Fuller's earth and 1 pint of vinegar. Bring it to boil. Spread very thickly on the scorched parts, leave it till dry. Wash well in soap suds.

WASP STINGS, TO CURE

If no Blue bag or ammonia to be had use a slice of Onion.

TO CLEAN BLACKENED SILVER

One Teacupful of Clear Ammonia, One pint of lukewarm water, Half a teacupful of Gin, Well mixed. Use with plate powder and wash the silver first with Soda.

Or: Boil in 2 quarts Beer grounds, 1lb unslaked lime, 1lb Alum, 1 pint Aqua Vitae, 1 pint vinegar.

TO WASH BLANKETS IN COLD WATER

1 Cake of Sunlight Soap, 3 Tablespoonsful of powdered Borax. Shred the Soap into a jar with a little water and melt it, then add the Borax.

Put the jar in a bath and pour in a small Canful of hot water; when all the Soap is washed out, turn on the Cold Tap stirring well all the while, when it is full enough to cover the Blanket, put in one double or two single. Push them under with a piece of Wood till well soaked. Leave them all night. Put a broomstick across the bath and lift the blanket across it to drain, then run off the soapy water Give five rinsing waters in the same way, letting the blanket drain between each. Hang on a line in the sun to dry. Do not rub nor wring, and touch with the hands as little as possible.

[This is an admirable treatment for blankets.]

FURNITURE POLISH [Jessie Oriana Waller]

$\frac{1}{4}$ lb of Beeswax, 1oz white wax melted in one pint of Turpentine, $\frac{1}{4}$ oz of white Castile Soap melted in $\frac{1}{4}$ pint of Soft water.

When both are melted mix together. If the cream gets too thick, put more Turpentine to it.

TO MAKE PAPER STICK TO METAL

Dip metal in strong soda and dry it. Rub it over with onion juice and the paper will stick.

POT POURRI

Dry roses, orange flowers, jasmin, lavender, a little Thyme, marjoram, sage, bay, and Rosemary in the sun. Place in layers in a wide jar and between each layer a handful of this mixture: $\frac{1}{4}$ lb Cloves, $\frac{1}{4}$ lb Mace, and some Bay salt, leave for a day or two. Put it in jars and stir it frequently for a few weeks. *Or better:* 6lbs Bay salt, 2oz bruised Cinnamon, 1oz yellow Sandalwood, also all sweet scented herbs dried, acerus, Calamus Root, 1oz allspice, 1oz powdered cloves. $\frac{1}{2}$ oz auberine orange flowers, vanilla (powdered) Cassia buds, orris Root, 1 scruple musk, $\frac{1}{4}$ lb powdered gum Benzoin, 1oz Calamine Storax 1 dr. Attar of Roses [*Too expensive*], 1 wine-glass Brandy, 8oz bottle Lavender water. Stir well and keep in a dark damp place for 1 month. Add brown sugar occasionally. Stir well and put in jars.

ANOTHER POT POURRI

$\frac{1}{2}$ Peck Rose petals dried in the shade. $1\frac{1}{2}$ lbs Bay Salt. 3oz Allspice (bruised), 1oz cinnamon, $1\frac{1}{2}$ oz cloves, 2oz nutmegs, $\frac{1}{2}$ oz aniseed, all bruised, $\frac{1}{2}$ lb lavender flowers. 2oz powdered Orris Root. $\frac{1}{2}$ oz oil of jasmin. $\frac{1}{4}$ oz each of oils of rose, geranium, lavender and lemon. $\frac{1}{2}$ drcm. oil of musk, 10 drops oil of neroli. 5 drops oil of patchouli. $\frac{1}{2}$ drachm oil of Rosemary.

When dry make it in a covered Crock. one handful of Bay salt to 3 of rose leaves. Turn it twice a day for 5 days. Add allspice and Cinnamon leave a week turning from top to bottom. Then add everything else oils included. You can add fresh dried leaves of balm marjoram tuberose orange blossom gardenia, Clove carnation violets etc. Stir with a wooden spoon at intervals.

[This is very expensive. O. H.]

TO CLEAN STEEL BUCKLES

Rub with paraffin and emery. Then with putty powder sifted.

Or: Make a paste with unslaked lime and leave on for 12 hours.

ANOTHER POLISH FOR BRASS

Melt 4 teaspoonsful of Soft Soap in 1 pint boiling water. When cold add 2 gills best Paraffin and stir. Rub on with a piece of flannel. Polish with a chammy leather.

A RARE SNUPH

Powdered cowslip Bettony and Nutmeg added to the Tobacco.

FOR FRUIT, INK, WINE OR COFFEE STAINS IN LINEN

Take one tablespoonful of lemon juice, one tablespoonful pure Cream of Tartar and one teaspoonful of Oxalic acid and put into one pint of distilled water. Shake well before using. Wet the stain with cold water, then rub it with a soft cloth dipped in the lotion, leave it for 3 minutes and then wash in ordinary soap and water.

TO CLEAN DECANTERS AND ANY FURRED GLASS

Take a handful of Tea leaves and 2 tablespoonsful of vinegar and shake them well together and put them in the decanter.

MOTH POWDER

Equal parts of black pepper, cinnamon, cloves, mace and orris root. Put plenty on the furs or woollens to be stored.

COCKROACH CURE

Equal parts of powdered borax and castor sugar. Sprinkle about.

[It works in the country but the London cockroach is a strong copper bottomed vessel and takes no notice. O. H.]

TO CLEAN A MUDDY COAT

First brush lightly when dry. Then sponge with bicarbonate of soda and water, rub dry with a clean cloth.

TO WASH VELVETEEN (NOT VELVET)

Fill a basin or enamel bath $\frac{3}{4}$ full of hot water in which enough white curd soap has been dissolved to make a good lather. Shake the velveteen backwards and forwards till the water is dirty. Throw away the water and repeat the process (hang up the dress while preparing the 2nd lot of suds) till the dress is clean, rinse 3 times in tepid water and last in cold. Hang up by the hem and stretch to right size using pins close together. When dry (a day or two) shake and knock to get the pile up. On no account iron on a table, but it can be ironed on the wrong side if fixed tightly between chairs or if held by 2 other people.

EPILOGUE

by E. S. P. HAYNES

SEEING by accident proofs of the above recipes being corrected agreeably reminded me of my own association with the publishers, which is now nearly thirty-five years old, though my wife was recently approached by the same publishers without my knowledge. More than ten thousand copies of my own book on the history of Religious Persecution have been sold since it appeared in 1904, and it has, to my knowledge, proved a sovereign remedy for insomnia in many cases previously incurable. I can only hope that this book of recipes will have as good a sale and will also disseminate the slumber associated with the repose of good digestion for just and unjust.

Having enjoyed many of the said recipes since marrying the author in 1905, I have sometimes wondered whether the enjoyment of good food may not have its own snare in the obvious temptation to eat at her table more than one would in the buffet of an English railway station or in the coffee-room of an English hotel.

In the days of my youth there was a Victorian tradition that the discussion of food was only permissible for dietetic reasons and was otherwise as indecorous as Leslie Stephen considered the discussion

of vintage wines to be. Nevertheless in many pious circles (notably among the Quakers) the pleasures of the table were conspicuous, though enjoyed in silence. On the other hand, any decline in quality from eighteenth-century standards coincided with a preservation of quantity in the nineteenth century as compared with modern meals.

I imagine that the Victorian attitude in these matters may have sprung from a certain indifference to the amenities of life which is often due to a disproportionate reverence for making money. The cult of quick eating on both sides of the Atlantic has done much to promote nervous dyspepsia in captains of industry and their underlings.

Moreover I maintain that the cult of quick eating does not promote quick thinking. Long ago Sir Frederick Pollock wrote a classical work on Spinoza last published by Messrs. Duckworth & Co., in which he admirably translated certain Dutch and Latin passages, one of which runs as follows:

“A wise man, I say, will recruit and refresh himself with meat and drink, yea and with perfumes, the fair prospect of green woods, apparel, music, sports, and exercises, stage-plays and the like, which every man may enjoy without any harm to his neighbours. For the human body is compounded of very many parts, different of kind, which ever stand in need of new and various nourishment so that the whole body may be fit for all actions incident to its need and that by consequence the mind may be equally fit for apprehending many things at once.”

This book recalls to me an amusing recollection of a visit to the B.B.C. in early days, when I was introduced to a gentleman then obscure (at any rate to me) but now famous. He suggested that I should give a discourse on food. I replied that my wife always looked after the food at our table and that I looked after the wine and should prefer to talk about wine. The gentleman then said, "Perhaps you do not realise that the managing director of this institution is a teetotaller?" on which I asked why this circumstance should prevent a discourse on wine and received no reply. Finally we compromised on Belloc without reference to his remarks on wine.

It reminded me of an ancient dispute in the Law Courts about a man who by some manorial custom was under a legal obligation to present his neighbours with a *parish bull*. This obligation was resisted owing to some sort of conscientious objection and eventually the litigation was compromised by the presentation of a *parish organist*. This was a favourite anecdote of Sir Walter Parratt and I mention it here as possibly illustrating the Manichean attitude of those Puritans in our midst who frown upon the pleasures so eloquently praised by Spinoza. Let us hope that the parish organist diffused the same *joie de vivre* as Sir Walter Parratt!

E. S. P. H.

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